

# Tenley Tough 5K & Fun Run 2018

Saturday May, 12<sup>th</sup> 5K - 8 AM

**Why we run:** Team Tenley was formed in 2016 when our friend and tiny warrior, 9 month old Tenley Norman was diagnosed with pediatric cancer. Within a few months, we organized a 5K, Fun Run, and event to offer financial support for the Norman family and awareness for childhood cancer. The support from our local community and outcome was more than we could have hoped for. It is our goal to continue supporting other local families who have been affected by childhood cancer through this event each year. With the help of our community, we hope we can help alleviate the financial strain of families with children who are fighting the fight of their lives. We are honored and blessed to be able to serve them and play a small part in helping our local warriors.

**Location:** PZK Hall @ 17933 AL - 104, Robertsdale, AL 36567

**Race Times:** Warm up with Jessica Watkins from Fit Mama Bootcamp @ 7:40am  
5K starts @ 8am & the Fun Run TO follow.

**Distance:** 5K course through scenic Robertsdale. Course is mostly flat with occasional inclines. Fun Run is 1 mile.

**Registration:** Online-<https://runsignup.com/Race/AL/Robertsdale/TeamTenley5kFunRun> until May 1st @ 3 PM  
Day of race from 6:00 - 7:30 AM @ PZK Hall (T-shirt NOT guaranteed with Race Day sign-up)

|                |                |                  |                       |
|----------------|----------------|------------------|-----------------------|
| <u>5K</u>      | Ages 18+ \$30  | Ages 6 - 17 \$20 | Ages 5 & Under - FREE |
| <u>Fun Run</u> | Ages 18 + \$20 | Ages 6 - 17 \$15 | Ages 5 & Under - FREE |

**Awards:** 5K winners will be awarded medals to the top Male & Female overall runner & top Male & Female Walkers, & 1<sup>st</sup> - 3<sup>rd</sup> in the following ages categories 5 - 12, 13 - 17, 18 - 29, 30 -39, 40 - 49, 50 - 59, 60 - 69, and 70+. **Fun Run Awards:** winners will be awarded ribbons to the top Male & Female overall, & 1<sup>st</sup> - 3<sup>rd</sup> in the following age categories. 5 - 12, 13 - 17, 18 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, and 70+

**Post-Race:** Light food and drinks, food trucks, and coffee truck will be available for purchase. Music, kids games, and entertainment to follow!

Last Name \_\_\_\_\_ t Name \_\_\_\_\_ Age \_\_\_\_\_ Sex M F

Address \_\_\_\_\_ City, State & Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**Event (Circle One)**    5k    Fun Run    Support Squad (\$15 - get shirt and bag without running)

**T-Shirts (Circle One)**    Adult: XS   S   M   L   XL   XXL   XXXL   Youth:   XXS   XS   S   M   L

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Team Tenley, City of Robertsdale, LRH Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian must sign for participants under 19)

