



Certified Course

**Saturday, October 26, 2019**  
**8 am - 5K & 9 am - Fun Run**  
**City Hall in Daphne**

**Family Friendly Festival**  
**8 to 10:30 am**

with free food & drinks, children's games, booths & fantastic door prizes for all registered participants

**Benefits:**



**Location:** City Hall in Daphne

**Pre-registration:**

**Mailed entries** should be postmarked by **Oct 7th** & sent to Prodissee Pantry, 9315 Spanish Fort Blvd., Spanish Fort, AL 36527

**In person** at Running Wild in Fairhope, McCoy Outdoor, Fleet Feet or Run-N-Tri in Mobile, by **Noon Oct 25th**.

**Online** <http://prodiseepantry.org> by **Noon on Oct 25th**

**Race day registration & packet pick-up** in front of City Hall in Daphne @ 7 - 7:45 am

**Early Packet Pick Up & late registration** on Fri, Oct 25th - 3 to 7 pm at Prodissee Pantry, 9315 Spanish Fort Blvd., Spanish Fort, AL 36527

**Entry Fees:** **Pre-registered:** 5K - \$25 Fun Run - \$10  
**Late Registration:** 5K - \$30 1-Mile Fun Run: \$15  
**Shirt Only—Not Running:** \$10

**Awards:** **5K Race:** Top 3 Male & Female Overall, Masters, Grandmasters, & Senior Grandmasters. Top Male & Female in age groups: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, & 75-99

**Fun Run:** Top 3 Overall Male & Female 14 & under plus kid categories for our youngest fun runners

**Team Awards:** Most Funds Raised, Largest Team, Team Spirit, Fastest Team, Most Canned Goods Collected, & Cutest Booth

**Costume Awards:** Various children, adult & team

**Shirts:** Participants **pre-registered by October 7th will be guaranteed a shirt**. Later registrants will receive shirts as supplies last.

**Make checks payable to "Prodissee Pantry"**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Donation to Prodissee Pantry \$ \_\_\_\_\_ Member of a team? Yes No Team Name: \_\_\_\_\_

Event: 5K Fun Run Shirt or Socks Only -Not Running **Please select one option below**

T-Shirt Size: YS YM YL S M L XL 2XL **NO SHIRT OR Limited Edition Unisex Socks**

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 Prodissee Pantry, LRH Productions, the City of Daphne, its employees, officers, and agents, 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 children under 19)

RCVD: \_\_\_\_\_