

Date and Time: Saturday, March 14, 2020 10:00 AM race time

Location: The Paint Store - 2051 Airport Blvd. Mobile, AL 36606

Course: Midtown Loop USATF Certified 5k course - AL17040JE (Mellow Milers course)
Registration: Pre-register online (www.jmhletsgetit.com) until midnight March 12, 2020

By mail - all entries should be postmarked by March 9, 2020 - address listed below

Onsite race day registration and packet pick-up begins at 8:30am

Entry fees: Entry fee includes a race t-shirt and goodie bag.

Pre-registered Adults: \$22 Day of Race Adults: \$30 Pre-registered Child (12 & under): \$15 Day of Race Child (12 & under): \$20

Shirts: Participants registered by midnight March 6. 2020 will be guaranteed a t-shirt on race day.

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters and Walker.

Top two males and females in age groups: 12 and under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39,

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-85 and over 86

Post-Race: All race registered adults participants will be entered into the drawing for many fantastic door prizes

- and all registered children will win a door prize!

Tickets will be sold onsite for fantastic raffle items - each valued at \$100 or more

ast Name	First Name									
Address	City, S	City, State & ZIP								
Date of Birth	Age (at time of race)	Phone Number								
mail:										
S tyle: Runner Walker <i>(No Run</i> i		YM YL YXL AS AM AL AX	(L A2XL							

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. Please no bicycles, skateboards, roller skates or blades. 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 the city of Mobile, the Mobile Police Department, its employees, officers, and agents, 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
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(Parent/Guardian must sign for participants under 19)