

# Ryan's Angels 5K Run/Walk

## University of South Alabama

### Saturday ~ January 14, 2017 ~ 8 AM



" Why Stand Around And  
Wait For A Miracle  
When You Can Be One "

**Location:** SGA Pavilion by the intramural fields of the USA main campus  
(Cleverdon Road)

**Distance:** Certified 5K course (AL08044JD) – the Swamp Loop - on USA Campus; Fun run/walk  
approximately  $\frac{3}{4}$  mile.

**5K will start at 8 AM; Fun Run will start immediately after the start of the 5K.**

**Registration:** Register by mail (entries should be postmarked by January 7), in person  
at McCoy Outdoor, Run-N-Tri or Fleet Feet in Mobile or Running Wild in Fairhope  
until noon on January 12, or online until 4 AM January 13 (events.com)  
Packet pick-up and race day registration at the SGA Pavilion from 7 – 7:45 AM.

**Entry fees: Pre-registered:**

Adults: \$20

Children (12 and younger): \$15

Stay in bed: \$15

\*Entry fees include race shirt, eligibility for door prizes, and post-race party

\*\*No shirt option – subtract \$3

**Day of Race:**

Adults: \$25

Children (12 and younger): \$20

**Awards:** Top male and female Overall and top three males and females in age groups: 9 and 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,  
and 75+

**Post-race:** Refreshments, music, and awards ceremony. All registered participants eligible for door  
prizes.

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**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** M F

**Address:** \_\_\_\_\_ **City, State, and Zip:** \_\_\_\_\_

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

**Event:** 5K Fun Run **T-shirt size:** YS YM YL S M L XL XXL No Shirt

I know that running or walking a cross country race is a potentially hazardous activity that could cause injury or death. I should not enter the 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 inherent risk associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, the conditions of the trail, the conditions of the bridges, all such risk being known and appreciated by me. 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, discharge, and release the Ryan's Angels, officers, and members, LRH Productions, University of South Alabama, all sponsors and volunteers from all claims or liabilities of any kind arising out of my participation in this event on January 14, 2017, even though that liability may arise out of negligence or carelessness on part of the persons named in this waiver.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian must sign for participants under 19)

**Please make checks payable to:** Ryan's Angels

**Mail to:** Ryan's Angels; P.O. Box 191213; Mobile, AL 36619

**For more information, contact:** Kelly Butler at ryansangels.help@gmail.com