



Bras Across the "Cause"way

5K Run/Walk & Fun Run

Saturday ~ October 14, 2023 ~ 8:00 AM

Benefits: Breast Cancer at Providence Outreach Fund (Local Patients in Treatment)

Times: 8:00 AM - Survivors' Walk 8:15 AM - 5K Race 8:20 AM - Fun Run 9:30 AM - Awards

Location: All event activities will take place at Meaher State Park. (5200 Battleship Parkway East, Spanish Fort, AL 36527)

Distance: Certified 5K course (AL22027JE) through Meaher State Park and out and back on the Causeway. Fun Run is approximately 1 Mile. Race and Fun Run will start and finish at Meaher State Park.

Registration: Register by mail (entries should be postmarked by October 7), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on October 12, or online (<https://runsignup.com/brasacrossthecauseway2023>) until 4 AM on October 13. Packet pick-up and race day registration at Meaher State Park from 6:00 AM to 7:50 AM.

Entry fees: **Pre-registered by October 6:** \$25 Adult
\$20 Youth - 12 and Under
*Fees include tee shirt
After October 6: \$30 Adult
\$25 Youth - 12 and Under

Awards: Top male and female Overall and top three male and female 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, 75-80, and 80+. Fun Run finishers receive ribbons.

Shirts: To guarantee a shirt on race day, you must submit your application by October 6.

Post-Race Party: Beverages, music, Cammie's Old Dutch ice cream & waffles, Hall's Sausage, DJ Party People Entertainment, and awards after the race.

Last Name: _____ First Name: _____ Age: _____ Sex: M F

Address: _____ City, State & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

Event: 5K Fun Run T-Shirt: YM YL S M L XL No Shirt

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 Meaher State Park, Bras Across the CAUSEway, LRH Productions (Margaret Olive), 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)

Questions: Kathy Smith (251) 391-0258

Make checks payable to: Bras Across the CAUSEway

Mail complete applications/fees to: Bras Across the CAUSEway; 30718 Walling Rd; Spanish Fort, AL 36527