



Counseling & Health Science 5K Run/Walk and 1 Mile Fun Run/Walk

Saturday June 10, 2023 8 AM

Benefits: The proceeds from the 5K Run and 1-Mile Fun/Walk will be used to replenish the Student Emergency Grant Fund.

Organized by: Counseling & Health Science Department

Location: Bishop State Community College, Main Campus, 351 N. Broad St. Mobile, AL 36603

Distance: Certified 5K course (AL13018JD). Fun run is approximately 1 Mile

Registration: Register by mail (entries should be postmarked by **May 31, 2023**, or online <https://runsignup.com/Race/AL/Mobile/CounselingHealthServices5kRun1mileFunWalk> until midnight **June 9, 2023**.

Race day registration and packet pick-up will be held in front of the Bishop State Community College, Main Campus, Student Life Building from 6:45 AM – 7:50 AM.

Entry fees: Pre-registered

5K: \$25

Fun Run: \$15

*** fee includes race shirt**

Race Day

5K: \$30

Fun Run: \$20

Awards: 5K: Top male & female overall finishers and top 2 male and female finishers in each age group: 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, 75-79, and 80+.

1-Mile Fun Walk: Finishers will receive a participation ribbon.

Special Team Awards: Most participants; Most spirit; Fastest (first 5 team members score for fastest team award). Special awards for top 3 Bishop State Alumni, Staff members, and Students.

Shirts: To guarantee a shirt on race day, submit your application by midnight, May 28, 2023. Shirts as available after May 28.

Post-Race: Awards presentation, food and beverages after the race.

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

Address _____ City, State & ZIP _____

Phone _____ Date of Birth _____ Email _____

Bishop State Alumnus: Yes ☐ No ☐ Bishop State Staff: Yes ☐ No ☐ Bishop State Student: Yes ☐ No ☐

T-Shirt Size: S ☐ M ☐ L ☐ XL ☐ XXL ☐ Youth Sizes: YS ☐ YM ☐ YL ☐ YXL ☐ Event: 5K ☐ Fun Run ☐

I belong to team: _____ Donation to Bishop State Student Emergency Fund: \$ _____

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, headsets and/or ear buds 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 **Bishop State Foundation, the City of Mobile, 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)

Make checks payable to: Bishop State Community College Foundation

Mail to: Bishop State Community College Foundation - Attn: April Stennett, Dean of Institutional Advancement and Community Affairs, 351 North Broad Street, Mobile, AL 36603-5898