

Let Your Light Shine for CF

Glow Run - 5K Run/Walk and Fun Run

Saturday April 1, 2017 5K & Fun Run: 7:30 PM



Organized by: Glow Run Gulf Coast / Army Aviation Credit Union

Benefiting: Cystic Fibrosis Foundation

Description: Participants are encouraged to run or walk wearing or carrying glow items to represent their internal light (and for safety).

Location: SGA Pavilion at the intramural fields on USA Campus (Cleverdon Road).

Distance: Certified 5K course (AL08004JD) – the Swamp Loop - on the USA Campus. Fun Run is approximately 0.75 miles.

Registration: Register by mail (entries should be postmarked by March 25, 2017), in person at McCoy Outdoor, Run-N-Tri, and Fleet Feet in Mobile or Running Wild in Fairhope until noon on March 30, or online (<http://lightshineforCF2017.eventbrite.com>) until 4 AM, March 31. Race day registration and packet pick-up at the SGA Pavilion from 5 – 7:15 PM.

Entry fees:	Pre-registered:	Day of Race:
	\$20 Adult	\$25 Adult
	\$15 Youth 12 and Under	\$20 Youth 12 and Under
	* includes race shirt. No shirt option – subtract \$3	

Awards: Top male and female Overall, Masters, and Grandmasters. 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, and 75-99. Fun Run finishers will receive ribbons.

Shirts: To guarantee a shirt on race day, you must submit your application by March 20.

Post-Race Party: Food and beverages will be provided after the race. Come dressed in your favorite glow attire prepared to dance along with the DJ.

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

Address: _____ **City, State & ZIP:** _____

Date of Birth: _____ **Phone:** _____ **Email:** _____

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

I would like to support Cystic Fibrosis research with this additional donation of: \$ _____

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 the University of South Alabama, its trustees, officers, agents, servants, and employees, Studio 3 Productions, Army Aviation Credit Union, 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 on April 1, 2017, 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: Studio 3 Productions

Mail completed applications and fees to: Studio 3 Productions; Let Your Light Shine, PO Box 851614, Mobile, AL 36685