

The Gulf Coast Challenge Committee and GCB Entertainment present

Mardi's 5K and 1-Mile

Saturday ~ August 17, 2019 ~ 7:30 AM



Location: Mardi Gras Park, 104 S. Royal Street, Mobile, AL, 36602.
The 5K will start at 7:30 AM. The Fun Run will start at approximately 8:15 AM.

Distance: Certified 5K course in downtown Mobile. Fun Run is approximately 1-mile.

Benefits: GCB Entertainment's nonprofit efforts to combat childhood obesity and literacy

Registration: Register by mail (entries should be postmarked by August 11), in person at McCoy Outdoor, Run-N-Tri in Mobile, or Fleet Feet in Mobile, or Running Wild in Fairhope until noon on August 15, or online (<https://mardis5k2019.eventbrite.com>) until 4 AM Friday, August 16. Packet pick-up and race day registration at Mardi Gras Park from 6:00 – 7:25 AM.

Entry fees: Pre-registered

Adults: \$20

Children 12 and under: \$15

Stay in Bed: \$15

* fee includes race shirt; no shirt option – subtract \$3

Race Day

Adults: \$25

Children: \$20

Awards: 5K Awards: Top Male/Female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. 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: Fun runners/walkers will receive participation ribbons

Shirts: Shirts requested by August 11 will be guaranteed on race day. Shirts as available after August 11.

Post-Race Party: Food, beverages, and awards after the races. Come meet Mardi the Mardi Gras mascot!

Weather The Gulf Coast Challenge reserves the right to cancel or postpone the start of the event if

Disclaimer: weather conditions are deemed unsafe for participants, spectators, and volunteers. No refunds will be issued if race is canceled due to extreme weather.

Last Name: _____ **First Name:** _____ **Age:** ____ **Sex:** ____

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

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

Race walker: Yes No **Event:** 5K Fun Run

T-Shirt Size: YL S M L XL XXL No Shirt (-\$3)

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 City of Mobile, Gulf Coast Challenge, GCB Entertainment, 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: _____
(Parent/Guardian must sign for participants under 19)

Checks Payable: GCB Entertainment

Mail applications and payments to: LRH Productions; Mardi's 5K; PO Box 6976; Mobile, AL 36660