



USA Lions Club Presents

Miles for Medicine

5K Run/Walk and Fun Run

Saturday ~ August 24, 2019 ~ 7:30 AM

Time: 5K Run/walk will start at 7:30 AM. Fun Run will start at approximately 8:30 AM.

Location: Performing Arts Pavilion, Langan (Municipal) Park, 4901 Zeigler Blvd, Mobile, AL 36608

Benefits: Proceeds from the Miles for Medicine will benefit the sight programs of the University Lions Club (<http://www.e-clubhouse.org/sites/mobileuniversity>)

Distance: Certified 5K course (AL10001JD) takes participants through lovely Langan Park. Fun Run approximately ¾ mile

Parking: Please park in the large parking lot adjacent to the lake – do not park on the driveways.

Registration: Pre-register by mail (entries should be postmarked by August 17, 2019), walk-in registration at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile, or Running Wild in Fairhope until noon on August 22 or online (<http://milesformedicine2019.eventbrite.com>) until 4 AM on August 24. Race day registration and packet pick-up will take place at Performing Arts Pavilion from 6 – 7:15 AM.

Shirts: Participants registered by August 17 will be guaranteed a tee shirt in the size requested on race day. After August 17, tee shirts can not be guaranteed.

Fees: Pre-registered:

Adults: \$20

Youth (12 and younger): \$15

USA Students: \$17

Staying in bed: \$15

*Fees include race shirt (additional \$2 for XXL shirts) and entry to post race party.

**Staying in bed - get a shirt but do not run.

No T-shirt option: subtract \$3 from registration fees.

Day of Race:

Adults: \$25

Youth (12 and younger): \$20

USA Students: \$20

Awards: 5K: Top male and female Overall, Masters, Grandmasters, and Senior Grandmasters. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Fun Run: Finishers will receive ribbons

Post-race Party: Food, beverages, music and awards after the race in the Performing Arts Pavilion..

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

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

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

T-Shirt: YM YL S M L XL XXL(add \$2) No Shirt (Subtract \$3) **Event:** 5K Fun Run Stay in bed

Donation to University Lions Programs: \$ _____

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, strollers, roller skates or blades, animals, and headsets/headphones/ear buds are not allowed in the 5K 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 University Lions Club, Lions Club International, the City of Mobile, LRH Productions, their employees, officers, and agents, 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 children under 19)

Make checks payable to: University Lions Club

Mail to: University Lions Club; PO Box U-1095; Mobile, AL 36688

For additional information, please call: 251/461-1718 or email:

rbarrington@southalabama.edu

