



Old Mobile 8K & 1 Mile Fun Run Downtown Mobile – Colonial Fort Conde'

Saturday, April 22, 2023 8K: 8:00 AM Fun Run: 9:15 AM

Conducted by: The Port City Pacers (portcitypacers.com or 251-473-7223)

Course: Shady, flat and fast 8K certified course through Mobile's beautiful Oakleigh District. Fun Run is approximately 1 Mile.

Registration: Pre-register by mail (entries should be postmarked by April 15), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on April 20 or online on events.com until midnight April 21. Early packet pick-up and late registration available from noon to 5:30 PM at the Port City Pacers office (358 Morgan Ave., Mobile, AL). Race day registration is at Colonial Fort Conde from 6:30-7:45 AM.

Entry fees:	Pre-registration:	8K Race Day
	8K - PCP member: \$23	8K – Everybody: \$30
	8K - Non PCP: \$25	Fun Run – Everybody: \$20
	Fun Run – PCP member: \$12	
	Fun Run – Non PCP: \$15	
	*PCP children 12 and under may run for free if preregistered; \$10 if they want a shirt	
	**Race fees include a race shirt. No shirt option: subtract \$2.	

Awards: Top 3 M & F Overall, top M & F Masters, Grandmasters, Senior Grandmasters, and Race walkers. Top 3 male and female in 5-year age groups

Shirts: Participants registered by April 9 will be guaranteed a shirt on race day. Participants registered after April 9 will receive shirts while the supply lasts.

Post Race: Colonial Fort Conde for food, beverages, and awards provided for all participants.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can. If you have any of the symptoms of COVID-19, please do not attend.

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

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

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

PCP: Yes No **T-Shirt Size:** YL S M L XL XXL (+\$2) No shirt (-\$2)

I will: Run Race walk (no running during the race) **Event:** 8K Fun Run

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 PCP Pacers, 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.

Results and images from this event will be posted online. Please let us know if you do not want your name printed or posted electronically

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 18)

Make checks payable to: Port City Pacers
Mail application and fees to: Port City Pacers; Old Mobile; PO Box 6427; Mobile AL, 36660