

# run for shep

JEREMIAH 29:11

## 5K Run/Walk and Fun Run Saturday ~ January 21, 2017 ~ 9 AM

**Benefits:** ALL of the proceeds from the race will go to Shephard's Flock. The Shephard's Flock mission is to financially assist (non-medical related expenses) local families with childhood cancer warriors who are undergoing treatment at USA Children's and Women's. **ALL race proceeds benefit Shephard's Flock, a 501(c)(3) non-profit.**

**Location:** Downtown Daphne: start in front of Daphne City Hall, Daphne, AL 36526

**Distance:** Certified 5K course (AL14019JD); Fun Run approximately 0.5 mile

**Start Times:** 9:00 AM – 5K Start      10:00 AM – Fun Run Start

**Registration:** Register by mail (entries should be postmarked by January 15, 2017), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile, or Running Wild in Fairhope, or the Bounds Family YMCA in Daphne, until noon on January 19. OR register online at <http://runforshep.eventbrite.com>.

**Packet Pick-up:** Packet pick-up at Bounds Family YMCA will be Friday, January 20, from 9:00AM-7:00PM. On Saturday, January 21, you may pick up your packet, AT THE EVENT, in front of Daphne City Hall from 7:30-8:45AM. Race day registration will be available from 7:30-8:45 for the 5K and 7:30-9:45 for the Fun Run.

<b>Entry fees:</b>	<b>Pre-registered:</b>	<b>Day of Race:</b>	<b>"No Mo Chemo Party"</b>
	5K - \$20	5K - \$25	\$5- No shirt with wristband
	Fun Run with Cotton shirt - \$10	Fun Run - \$15	\$10- Cotton shirt with wristband
	Fun Run with Tech shirt - \$15		\$15- Tech shirt with wristband
	Shirt only - \$10- Cotton shirt and \$15 Tech shirt		

**Awards:** 5K: Top male and female, and top three male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+.  
FUN RUN: Top 3 overall boys and girls, must be registered for the FUN RUN

**Shirts:** 5K participants will receive a tech shirt; fun run participants will receive cotton shirts (unless you pay \$15 for tech.) Participants registered by January 12, will be guaranteed a t-shirt in the size requested on race day. **After January 12, shirts cannot be guaranteed.**

**Post-Race:** Join us for the first annual "No Mo Chemo Party" celebrating EVERY LOCAL CHILD who has finished chemo in 2016. There will be food, kids characters, jump houses, photo booth, music, games, raffle and the race awards presentation. If registered for the race, you will receive a wrist band to participate in the party. If you are not a runner, you can purchase a wrist band to participate in "NMCP" activities.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_ City, State & ZIP: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

T-Shirt: Men's Women's      Shirt Size: YXS YS YM YL S M L XL XXL

Shirt Fabric: Cotton Tech      Event (please circle one): 5K Fun Run Shirt Only "No Mo Chemo Party"

Donation (over and above registration fees:) \$ \_\_\_\_\_

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. I am in good health and I 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, stroller's 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 Shephard's Flock, Bounds Family YMCA, City of Daphne, LRH Productions (Margaret Olive), any of their representatives and successors from all claims or liabilities of any injury 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: Shephard's Flock

Mail to: Bounds Family YMCA; ATTN: Run for Shep; 8051 Whispering Pines Road; Daphne, AL 36526