



Saraland Harvest YMCA Run

8K Run/Walk, 5K Run/Walk & 1 Mile Fun Run

Sunday ~ October 13, 2019 ~ 5:00 PM

- Benefits:** North Mobile YMCA's Campaign for Youth and Families
- Organized by:** North Mobile YMCA
- Location:** Amelia Park, 716 Mae St, Saraland, AL 36571
- Start times:** 8K will start at 5 PM 5K will start at 5:05 PM Fun Run will start at 6:10 PM
- Distances:** Certified 8K (AL12001JD) and 5K (AL11059JD) courses through Saraland residential neighborhoods starting at Amelia Park. The courses are fairly flat; some gently inclines. Water provided along the course.
- Registration:** Mail in registration, postmarked by October 5 or pre-register in person by 12 PM, October 10, at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope, or register online at <http://saralandharvestrun2019.eventbrite.com> until 1 PM of October 12. Day of race registration will be from 4 PM to 5 PM at the pavilion in Amelia Park.
- Entry fees:** Pre-registered 5K or 8K: \$20 Day of race 5K or 8K: \$25
 Pre-registered Fun Run: \$10 Day of race Fun Run: \$15
 No Shirt option: Subtract \$3
- Awards:** 5K and 8K: Top three male and female overall, top male and female masters, grandmasters, senior-grandmasters, legends and walkers. Top three in age groups of 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, 75 & over. Ribbons for one-mile finishers.
- Shirts:** Participants pre-registered by October 5 are guaranteed a t-shirt on race day. Late registrants will receive t-shirts as long as the supply lasts.
- Post-Race:** Drawings for many door prizes. Food, beverages, awards, and other activities provided for all race participants. It will be a full moon (the Hunter's Moon) on October 13!

Last Name: _____ First Name: _____ Age: _____ Sex: _____

Address: _____ City, ST & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

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

Walker (no running): Yes No Corporate Cup Team: _____

Event: 5K 8K Fun Run Donation to Y Campaign for Youth and Families: \$_____

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 City of Saraland, North Mobile YMCA, 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)

Make checks payable to: **North Mobile YMCA**

Mail completed applications and fees to: **Saraland Run; LRH Productions; PO Box 6976; Mobile, AL 36660**