



# Lion Trot 5K and 8K Run/Walk

## Amelia Park, Saraland, AL

### Saturday ~ November 15, 2025 ~ 8:00 AM

- Benefits:** Saraland Lions Club programs
- Organized by:** Saraland Lions Club (<https://www.saralandlionsclub.com/>)
- Location:** Amelia Park, 716 Mae St, Saraland, AL 36571
- Start times:** 8K will start at 8:00 AM      5K will start at 8:10 AM
- Distances:** Certified 5K course (AL22034JE) and 8K course through Saraland neighborhoods starting and finishing near Amelia Park. The courses are fairly flat; some gently inclines. Water provided along the course.
- Registration:** Mail in registration, postmarked by November 10 or pre-register in person by 12 PM, November 13, at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile. Day of race registration will be from 6:30 - 7:45 AM at the pavilion in Amelia Park.  
Register online at <https://runsignup.com/Race/AL/Saraland/LionTrot5KAnd8K> until 7 AM November 14.
- Entry fees:** Pre-registered Adult: \$30      Day of race Adult: \$35  
Pre-registered Youth (<14 yr): \$15      Day of race Youth (<14): \$20  
Entry fee does not include a race shirt  
Registration includes a shirt sized Youth S to Adult XL  
For shirts sized 2XL and above, please add \$10
- Awards:** 5K and 8K: Top male and female overall and top male and female overall walkers. Top three male and female 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, 75-79, 80 & over.
- Shirts:** Register by November 8 to guarantee a shirt on race day. Additional shirts will not be ordered after the race.
- Post-Race:** Food, beverages, awards, and other activities provided for all race participants.

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

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

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

Category: Runner Walker Wheelchair Event: 5K 8K Shirt only

T-Shirt Size: YS YM YL S M L XL T-Shirt Size (+\$10): 2XL 3XL 4XL

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, Saraland Lions Club, LRH Productions (Margaret Olive), 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: Saraland Lions Club

Mail forms and fees to: Saraland Lions Club; Lion Trot; PO Box 415; Saraland, AL 36571