

THIS IS LIFE



5K RUN

LOCATION: SATURDAY, SEPTEMBER 19TH, 2026
RACE BEGINS AT 8:00AM, REGISTRATION OPENS 7:15
SEMMES HONOR PARK
4100 WULFF ROAD EAST, SEMMES, AL 36575

DISTANCE: 5K AND 1 MILE COURSES

REGISTRATION:

BY MAIL: ENTRIES SHOULD BE POSTMARKED BY SEPT 11TH
MAKE CHECKS PAYABLE TO: WOMEN'S RESOURCE CENTER
718 DOWNTOWNER LOOP WEST
MOBILE, AL 36609

IN PERSON: AT MCCOY OUTDOOR, RUN-N-TRI, OR FLEET FEET IN MOBILE OR RUNNING
WILD IN FAIRHOPE UNTIL NOON SEPT. 15TH

ONLINE: BY 4 PM SEPT 18TH

*PACKET PICK UP: FRIDAY SEPT 18TH 4-5:30PM WRC 718 DOWNTOWNER LOOP W OR RACE DAY SEMMES HONOR PARK AT 7:15AM

ENTRY FEES: \$35 FOR ADULTS & \$20 FOR STUDENTS (20 AND UNDER)
RACE DAY (09/19): \$40 FOR ALL REGISTRATIONS
** RACE FEE INCLUDES RACE SHIRT AND POST-RACE CELEBRATION WITH LUNCH FOR EVERYONE

AWARDS: TOP MALE & FEMALE OVERALL RUNNER! TOP 3 MALE & FEMALE FINISHERS IN AGE GROUP!

LAST NAME: _____ FIRST NAME: _____ AGE: _____ SEX: M / F

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

DATE OF BIRTH: _____ PHONE: _____ EMAIL: _____

RUNNING 5K / 1 MILE FUN RUN

T-SHIRT SIZE: YS YM AXS AS AM AL AXL AXXL

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 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 WOMEN'S RESOURCE CENTER, CITY OF SEMMES, 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)

1. MAIL FORM & PAYMENT TO:

ATTN: THIS IS LIFE

718 DOWNTOWNER LOOP W
MOBILE, AL 36609

**2. SCAN THIS CODE AND
COMPLETE ONLINE FORM.**



FOR MORE INFORMATION CONTACT:

LORI PRINE

LORI@WRCMOBILE.ORG

