

2021 RUN FOR HOPE 5K

SARALAND FIRST ASSEMBLY

Saturday ~ June 5, 2021 ~ 8:00 AM

Presented by: First Assembly of God, Saraland, AL

Location: Amelia Park, 716 Mae St, Saraland, AL 36571

Courses: Certified 5K course (AL11059JD) through the neighborhoods of Saraland.

Awards: Awards will be presented to the fastest male and female runners. Awards to top male and female master and grandmaster and top three male and female runners in each age group. Age groups: 9 & 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, and 80+. Top male and female race walkers – race walkers do not run at any time during the competition.

Registration: Pre-register by mail (entries should be postmarked May 27), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on the Thursday, June 3, or online (www.runsignup.com) until 4 AM Friday, June 4. Packet pick-up and race day registration at the Saraland First Assembly of God from 6:30-7:45 AM.

Entry fee: Pre-registered by 4/5: Adults: \$20 Children (12 and under): \$15

Registered 4/6 – 6/3: Adults: \$25 Children (12 and under): \$20

Race Day Registration: Adults: \$30 Children (12 and under): \$25

*Race fees includes a race shirt

T-Shirts: Participants registered by May 5 will be guaranteed a race shirt made of moisture management fabric in the size requested. Shirts will be provided as available after May 5.

Post Race Party: Award ceremonies, refreshments, and beverages will be available after the race.

Weather Disclaimer: Run for Hope reserves the right to cancel or postpone the start of the event if weather conditions are deemed unsafe for participants, spectators, and volunteers. No refunds will be issued if race is canceled due to extreme weather.

COVID Guidelines: All participants, volunteers, and spectators are asked to follow the CDC's COVID-19 recommendations including social distancing, wearing face masks (when not running), and utilizing hand sanitizer or washing hands frequently.

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

Address: _____ **City:** _____ **ST:** _____ **ZIP:** _____

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

T- Shirt Size YL S M L XL 2XL No Shirt (subtract \$2) **Style:** Runner/walker Race Walker

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter & run unless I am medically able & properly trained, & by my signature I certify that I am medically able to perform this event, am in good health & 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 & the conditions of the road, all such risks being known & appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, & radio headsets are not allowed in the race & I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself & anyone entitled to act on my behalf, waive & release the Saraland First Assembly of God, the city of Saraland, LRH Productions, sponsors, their representatives & 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 or guardian must sign for participants 18 and under)

Make checks payable to: **Saraland First Assembly**

Mail to: **Saraland First Assembly; PO Box 690; Saraland, AL 36571**