



5K WALK/RUN

Christ Church Cathedral, Mobile, AL Saturday ~ April 29, 2023 ~ 8 AM Start

Location: Christ Church Cathedral, 115 S Conception Street, Mobile, AL 36602

Distance: Certified 5K course (AL19057JE) through downtown Mobile.

Awards: Male and female overall, top 3 male and female in age groups: 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, and 75-99.

Shirts: Participants registered by April 20 will be guaranteed a shirt on race day.
Participants registered after April 20 will receive shirts white the supply lasts.

Registration: Early Bird (by 4/26/23): \$20
Late (by 4/28): \$25
Race Day (4/29): \$30



Online at: <https://raceroster.com/events/2023/72517/mobpacerbfl-5k-walkrun> or drop off at McCoy Outdoor Co., Run-N-Tri, or Fleet Feet in Mobile by noon on April 27. Early packet pick up and late registration available Friday, April 28, from 5 – 7 PM at Christ Church Courtyard. Race day registration and packet pick up at Christ Church Courtyard from 6:30 – 7:45 AM

Post-Race: Refreshments and awards following the race at Christ Church Courtyard.

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

Address: _____ City, State & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

I will: Run Race Walk (no running during the race) T-Shirt Size: S M L XL XXL

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, ear buds, or/and 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 MOB Pacers, Christ Church Cathedral, the City of Mobile, 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: Christ Church Cathedral
Mail to: MOBPacers/BFL; 115 S. Conception Street; Mobile, AL 36602