



Turtle Shuffle

5K Run/Walk and Fun Run

Saturday ~ February 4, 2017 ~ 8 AM



- Benefits:** AIDS Alabama South (<http://www.aidsalabamasouth.org/>)
- Organized by:** Ray Weinschenker, The Man About Town
- Location:** SGA Pavilion by the intramural fields of the USA main campus
- Distance:** Certified 5K course (AL08044JD) - the Swamp Loop – on USA Campus;
Fun run approximately ¾ mile.
- Registration:** Register by mail (entries should be postmarked by January 24), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on Thursday, February 2, or online (<http://turtlesuffle5K.eventbrite.com>) until 4 AM Friday, February 3. Packet pick-up and race day registration at the SGA Pavilion from 6:30 AM – 7:45 AM
- Entry Fees:** Pre-registered: Day of Race:
 Adults: **\$20** Adults: **\$25**
 Children (16 and under): **\$15** Children (16 and under): **\$20**
 AIDS Alabama South Supporter (get a shirt without running the race): \$15
 ***No shirt option: subtract \$3
- Awards:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. Top two 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 must be registered by January 20, 2017 to guarantee a t-shirt on race day.
- Post-Race:** Music, assorted food, beverages, and awards will be provided after the race

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

Address: _____ City, State & ZIP: _____

Phone: _____ Date of Birth: _____ Email: _____

I am a (pick one): Runner/Walker Race Walker (no running during the race) Supporter

Shirt Size: YL S M L XL XXL No Shirt Donation to AIDS Alabama South: \$ _____

I know that running or walking a cross country race is a potentially hazardous activity that could cause injury or death. I should not enter the 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 inherent risk associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, the conditions of the trail, the conditions of the bridges, all such risk being known and appreciated by me. 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, discharge, and release the Women's Business Alliance, officers, and members, The Man About Town, LRH Productions, University of South Alabama, AIDS South Alabama, all sponsors and volunteers from all claims or liabilities of any kind arising out of my participation in this event on February 4, 2017, even though that liability may arise out of negligence or carelessness on part of the persons named in this waiver.

Signature of Participant _____ Date: _____
 (Parent/Guardian must sign for participants under 19)

Make checks payable to: Man About Town

Mail completed application and fees to: Turtle Shuffle; LRH Productions; PO Box 6976; Mobile, AL 36660