



# UCP's Camp SMILE CATCH THE GLOW

## 5K Run/Walk & Fun Run

Saturday

February 20th, 2016

6:00 PM

- Location:** Jag 5K course @ The University of South Alabama, SGA Pavilion
- Start Times:** Fun Run will start at 6:00 PM. 5K will start at 6:30 PM (immediately following the Fun Run)
- Benefitting:** United Cerebral Palsy's Camp SMILE
- Produced by:** UCP's Camp SMILE and USA Department of EMS
- Distance:** Certified 5K course (AL08004JD) Fun Run approximately 3/4 mile
- Registration:** Register by mail, in person at UCP, McCoy Outdoors, Run N Tri in Mobile, or Running Wild in Fair hope until noon December 4, or online at <https://ucpcatchtheglow5k2016.eventbrite.com> until midnight December 4. Race day registration and packet pick-up at SGA Pavilion from 4-6:30 PM
- Entry Fees:** Pre-registered Adults: \$20.00 Day of Race Adults \$25.00  
Pre-registered Children (12 & under): \$15.00 Day of Race Children (12 & under) \$20.00  
Glowbassador (does not run or walk but supports the cause and gets a shirt): \$15 or more
- Awards:** Top Three Male & Female Overall, Top Three Male & Female in age groups: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-59, 50-54, 55-59, 60-64, 65-69, 70-74, & 75-99. Top three Male and Female Race Walkers
- Pre-Race:** An amazing Pre-Glow party with glow stations, food, & music starting at 4 PM.
- Post-Race:** Food & beverages will be provided after the race. Glow party will continue with music & lots of glow fun.

For more information, visit our Facebook page @ [www.facebook.com/CatchtheGlow5K](http://www.facebook.com/CatchtheGlow5K) or call Matrisza at 251-479-4900

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

Address: \_\_\_\_\_ City, State, & Zip: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Category: Runner/Walker Race Walker (no running) Event: 5K Fun Run Glowbassador (\$\_\_\_\_\_ donation)

T-Shirt Size: S M L XL XXL \*Shirt sizes are only guaranteed for those that register before Feb 8th\*

Credit Card: Visa MC AMEX Card Number: \_\_\_\_\_ Expiration: \_\_\_\_\_

Make checks payable to: UCP's Camp SMILE

Mail application and fees to: Catch The Glow 5K: LRH Productions; P. O. Box 6976 ; Mobile, AL 36660

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 risk associated with running and 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 condition of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals, MP3 players, ear buds, 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 United Cerebral Palsy, The University of South Alabama, its employees, officers, and agents, LRH Productions, all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even that liability may arise out of negligence or carelessness on the part of the person named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Guardian must sign for children under 19)