



HOLD THE LINE

5K & FAMILY FUN RUN

Benefiting The Women's Resource Center

Location: Live Oak Landing on Saturday October 24, 2020 at 8am

Distance: 5K and 1 Mile Courses

Registration: By mail: entries should be postmarked by October 22
Make checks payable to: **Women's Resource Center**
308 South Sage Ave Mobile, AL 36606
In person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or
Running Wild in Fairhope until noon October 15
Online by 5 PM October 22 at www.wrcmobile.org
Packet pick-up & late registration October 23 from 9-7 at 308 South Sage Ave.

Entry Fees: Early Bird (through 10/23): \$25 for adults & children
Race Day (10/24): \$30 for adults & children
* Child – 12 and under
** Race fee includes race shirt and post-race celebration 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 or Fun Run **T-shirt** AS A M A L A XL A 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 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, The Live Oak Landing, 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)