



5K RUN & ART WALK BENEFITING THE WOMEN'S RESOURCE

LOCATION: MAY 1, 2021 AT 8:00AM
SEMMES HONOR PARK
4100 WULFF ROAD EAST, SEMMES, AL 36575

DISTANCE: 5K AND 1 MILE COURSES

REGISTRATION:

BY MAIL: ENTRIES SHOULD BE POSTMARKED BY APRIL 29TH
MAKE CHECKS PAYABLE TO: WOMEN'S RESOURCE CENTER
718 DOWNTOWNER LOOP WEST
MOBILE, AL 36609

IN PERSON: AT MCCOY OUTDOOR, RUN-N-TRI, OR FLEET FEET IN MOBILE OR RUNNING
WILD IN FAIRHOPE UNTIL NOON APRIL 23RD

ONLINE: AT WWW.WRCMOBILE.ORG BY 5 PM APRIL 29TH

*PACKET PICK UP: RACE DAY AT SEMMES HONOR PARK AT 7:30AM

ENTRY FEES: \$35 FOR ADULTS & \$25 FOR CHILDREN (12 AND UNDER)
RACE DAY (05/01): \$40 FOR ADULTS & \$35 FOR CHILDREN
** RACE FEE INCLUDES RACE SHIRT AND POST-RACE CELEBRATION WITH LUNCH 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 / KIDS FUN RUN

T-SHIRT SIZE: AXS AS A M A L A XL A XXL

II 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, CITY OF SEMMES, 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)

FOR MORE INFORMATION CONTACT:

LORI PRINE

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