

The Melton Health and Faith Corporation's
1ST Annual Healthy Lifestyle

5K Walk and 1 Mile Fun Run/Walk

Medal of Honor Park

Saturday ~ October 8, 2016 ~ 8:30 AM

Benefits: The Home of Grace for Women and The Helping Hurting Women Heal Ministry

Location: Bicentennial Pavilion at Medal of Honor Park (Hillcrest Road)

Registration: Pre-register by mail (postmark by October 1), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet, or online at Events.com. Event day registration available from 7:00 – 8:15 AM

Entry Fees: Adult (16 and over): \$25

Youth (15 and under): \$15

*entry fee includes event shirt and entry to the Health and Faith Expo

**no shirt option – subtract \$3

Shirts: To guarantee a shirt on October 8, registration must be received by September 24. Shirts as available after September 24.

Team Awards: Specials awards will be presented to the teams with the most participants, best spirit (costumes), and fundraising.

Expo: **Bring your lawn chairs!** Entertainment including Joe Lewis (jazz musician), the Marie Roberts Ensemble (part of the Alpha Kappa Alpha Sorority, Inc.), Praise Dancer Clayfon Fletcher (performed on the Bobby Jones Gospel Show), The Anointed One, Steppers, Fitness Experts, Mike and Jan Horn IFBB Pro (Personal Training & Nutrition, Inc.), Anitra Jarreau Dance Fitness, Health Screenings, Mobile Bay Bears, "Bubbles" The Clown – Candi Vail, McGruff -The Crime Dog, Face Painting, Youth Healthy Lifestyle Activities, Jumpers, Refreshments, and more.

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

Address _____ **City, State & ZIP** _____

Phone _____ **Date of Birth** _____ **Email:** _____

Team: Yes No **Team Name:** _____

Event: 5K Walk Fun Run **T-Shirt Size:** YL S M L XL XXL No shirt (subtract \$3)

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, animals, and 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 the city of Mobile, the Melton Health and Faith, Corp., its employees, officers, and agents, 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. Additionally, I grant permission for the use of my image in the promotion and marketing of this event.

Signature of Participant: _____ Date _____

(Parent/Guardian must sign for children under 19)

Make checks payable to: **TMHAF**

Mail to: **The Melton Health and Faith, Corp; 652 Lancewood Ct; Mobile, AL 36609**

For more information, contact Shelisskia Melton: 251.533.1717 or Smelton652@comcast.net

The Melton Health And Faith, Corp. – www.meltonhealthandfaith.com