



29th Annual Joe Cain Classic

5K Run, 1 Mile, and Moon Pie Dash
Sunday – March 3, 2019 - 8 AM

**Proceeds to benefit:**

Challenged Athletes

Organized by:

Bay Area Runners

Location:

Broad Street and Canal Street in Mobile, AL

CourseFlat, fast, & ugly!!! 5K
USATF certification AL03036JD**Awards:**

Top 3 male and female Overall, 1st Male and Female Master, 1st Male and Female Grandmaster, 1st Male and Female Senior Grandmaster, Top 3 Clydesdales (210+ lbs) and Athena (165+ lbs), Top 5 Male and Female Race Walkers. Top Male and Female wheelchair.

Age groups: Top three male and female in following divisions: 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, 75-79, 80-84, 85-89, and 90+.

Shirts:

All pre-registered runners with applications postmarked by **2/22/19** are guaranteed a T-shirt on race day. All applications postmarked after **2/22/19** and race day registrants receive T-shirts while they last. Moon Pie Dash participants must register only if they want a T-shirt.

Additional information:

David Wilder (251) 605-7942

Registration:**Christmas Special-** postmarked on or before**12/25/2018- \$20.00****Early registration** - postmarked on or before**2/22/2019 - \$25.00****Late registration** – postmarked after **2/22/19** or day of race - **\$30.00****Children 10 and under - \$10.00.****Online registration** – available until 4 AM 3/2/2019

https://events.com/r/en_US/registration/2019-joe-cain-classic-5k-run-1mile-and-moonpie-dash-mobile-march-743884

Walk-in registration – McCoy Outdoor Co, Fleet Feet or Run-N-Tri in Mobile or Running Wild in Fairhope until noon Thursday, March 1.

Day of race registration – At race site from 6:30 AM – 7:30 AM. **\$30.00**

Early Packet Pick-up and Late Registration:

Friday, March 2 from NOON until 6 at the Port City Pacers' office located at 358 Morgan Ave.

Packet Pick-up and day of race registration:

At race site from 6:30 AM- 7:30 AM

Post Race Party :

All registered runners will be eligible for door prizes, food, refreshments, & festivities at post race block party. Must be present to win.

- 6 The Post Race Party will be held outside Joe Cain's House on Augusta Street, a few blocks from the finish line.

Results posted at the block party and on

<http://productionsbylittleredhen.com>

Last Name: _____ First Name: _____ Age: _____ Gender: M F

Address: _____ City: _____ State: _____ ZIP: _____

Date of Birth _____ Phone _____ Email _____

T-Shirt Size: XS S M L XL XXL XXXL

Event: 5K 1-Mile MP Dash

Category: Run Race walk / Walk Wheelchair Athena Clydesdale

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 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 Bay Area Runners, Little Red Hen 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)

Make checks payable to: Joe Cain Classic 5K

Mail to: Bay Area Runners; Joe Cain Run; PO Box 2161; Daphne, AL 36526