



SEEDS' Classic Rock 5K and 1 Mile

Saturday, March 5, 2016
5K start: 8 a.m.

Daphne City Hall
1-mile start: 9 a.m.

- Benefits:** SEEDS, Daphne's education foundation, and SEEDS' 2016 Enrichment Grant Program
- Produced by:** SEEDS, Active Network and Peggy Olive (LRH Productions)
- Courses:** Both certified 5K & 1 Mile courses wind through Olde Towne Daphne on a mostly flat circuit and return to Daphne City Hall for live classic rock, good food, door prizes, and race awards. Great children's activities following 5K. Bring your own lawn chair and enjoy the fun!
- Registration:** Register by mail (entries should be postmarked by February 29), online (ACTIVE.com) until midnight March 1, or in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon March 3. Packet pick-up and race day registration will be at Daphne City Hall (1705 Main Street) from 6:30 to 7:45 a.m.
- Entry Fees:**

Pre-registered:	Day of Race:
5K Adult: \$20	5K Adult: \$25
5K Youth (12 and under): \$15	5K Youth (12 and under): \$20
1-mile Fun Run: \$10	1-mile Fun Run: \$15
- Awards:** Top male and Female Overall, Masters, Grandmasters, Senior Grandmasters, Race Walkers Top 3 Male and Female runners in these age groups 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 40-44, 50-54, 33-59, 60-64, 65-69, 70-99.
- Shirts:** Classic Rock race shirts are guaranteed to all runners registered by February 15th. After that date, registrants will receive shirts as long as supplies last.
- Post-Race:** Live Classic Rock entertainment, and food Truck provided by Wind Creek; great door prizes Race Awards at 9:30 a.m. following completion of Fun Run.

if the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water alone the course. Stop running/walking and seek help if you stop sweating, feel nauseous or dizzy. If you see a fellow runner/walker who appears in distress, please stop and help if you can

Last name: _____ **First name:** _____ **Age:** _____ **Sex:** M F

Address: _____ **City, State, ZIP** _____

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

Style: Runner/walker Race walker **T-shirt:** YL S M L XL XXL No Shirt (subtract \$3)

Event: 5K 1-Mile An additional SEEDS donation of \$ _____? **TOTAL ENCLOSED:** _____

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 SEEDS, LRH Productions, the City of Daphne, 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 applicants under 19)

Make checks payable to: **SEEDS**
Mail completed applications and fees to: **SEEDS, P. O. Box 460, Daphne, AL 36526**