

Doughnut Dash and Dare

5K Run/Walk and Fun Run

Saturday ~ October 22, 2016 ~ 6:00 PM



- Location:** SGA Pavilion, University of South Alabama
- Dash Distances:** Certified 5K course on the USA campus. Fun Run is approximately ¾ mile.
- THE DARE:** At the 1.5 mile mark, 5K participants may take the dare to STOP and EAT six delicious Krispy Kreme doughnuts before moving on to finish the 5K. Fun Run participants may take the Dare to STOP and EAT one delicious Krispy Kreme doughnut before moving on to finish the fun run.
- Benefiting:** Boys and Girls Club of South Alabama
- Registration:** **Pre-register** by mail (entries should be postmarked by October 14), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on October 20, or online at <http://doughnutdashdare2016.eventbrite.com> until 4 AM October 21. **Race day registration and packet pick-up at SGA Pavilion from 4:30 – 6:00 PM.**
- Entry fees:** **Pre-registered Adults:** \$20 **Day of Race Adults:** \$25
Pre-registered Children: \$15 **Day of Race Children:** \$20
(12 and under) (12 and under)
****No Shirt option – subtract \$3**
- Awards:** **Daring 5K** - Top male and female Overall and top two male and female in age groups: 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, and 75-99.
Not So Daring 5K - Top male and female Overall and top two male and female in age groups: 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, and 75-99.
- Special Awards:** The school and the Boys & Girls Club that brings the most participants to the Doughnut Dash and Dare will each receive a \$250 check from the event.
- Shirts:** Participants registered by October 14 will be guaranteed a t-shirt on race day. Shirts as available on race day - shirts will not be reordered after the race.
- Post-Race Party:** Doughnut party and beverages after the race.

Last Name _____ First Name _____ Age _____ Sex M F

Address _____ City, State & ZIP _____

Phone Number _____ Date of Birth _____ Email: _____

School or Boys & Girls Club you wish to support: _____

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 University of South Alabama, LRH Productions, Studio 3 Productions, the Boys & Girls Clubs of South Alabama, their 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: Studio 3 Productions **Mail to:** Studio 3 Productions; Doughnut Dash and Dare, PO Box 851614, Mobile, AL, 36685