



# JBC Youth Cross Country 5K & Fun Run

www.jubileebaptist.com

Saturday – May 10, 2014 - 8:00 a.m.

- Benefits:** Jubilee Baptist Youth Missions Phone: 251-62-7095 (Joe Stringer)
- Organized by:** JBC Youth **Produced by:** Little Red Hen Productions
- Location:** Registration and post race activities at Jubilee Baptist Church, 9264 Pleasant Road, Daphne
- Distance:** Cross Country 5K circuit through the campus of JBC and Pleasant Road. Fun Run follows course.
- Registration:** Register by mail (entries should be postmarked by **May 2, 2014**), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on **May 8, 2014** or online (www.active.com) until midnight **May 8, 2014**. Late registration on Race Day at JBC.
- Packet Pick-up:** **Race Day** at JBC Campus from 7-7:45 AM
- Entry fees:** 5K Run/Walk Pre-registered: **\$20**      5K Run/Walk Day of Race: **\$25**      Fun run: **\$15**  
Stay In Bed Option (t-shirt, no running): **\$15**
- Awards:** **5K:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Walker. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.  
**Fun Run:** Ribbons for finishers under age 14
- Shirts:** **First 100 participants registered for 5K, Fun Run and Stay in Bed will be guaranteed a t-shirt.** All shirts must be picked up at packet pick-up OR contact [joestringer@jubileebaptist.com](mailto:joestringer@jubileebaptist.com) for pick up locations by June 10, 2014.
- Post-Race Party:** Inflatables and post-race snacks. Door prize drawings – Must be registered and present to win.

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 along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

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**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State & Zip:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **I am a:** Runner Walker **Event:** 5K Fun Run Stay-In-Bed

**T-shirt:** (YM YL AS AM AL AXL AXXL) **Additional Donation to JBC-Youth:** \$ \_\_\_\_\_

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 Jubilee Baptist Church, 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)

**Make checks payable to:** Jubilee Baptist Church – Youth Missions  
**Mail completed applications and fees to:** JBC-Youth Cross Country 5K 9264 Pleasant Road, Daphne, AL 36526  
or LRH Productions; PO Box 6976; Mobile, AL 36660

