



3rd Annual Let's Get It 5K
Mellow Mushroom, Airport Blvd at the Loop
Saturday March 12, 2016 11:00 AM

Location: Mellow Mushroom on Government Street at the Loop

Distance: 5K using Mellow Miler's 5K course

Registration: **Pre-register** online (www.jmhletsgetit.com) until 4 AM March 11, 2016, by mail (entries should be postmarked by March 5), or in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon March 10. Race day registration and packet pick-up begins at 9:30 AM at the Mellow Mushroom

Entry fees:	Pre-registered	Race Day Registration
	Adults: \$20	Adults: \$23
	Children (12 and under): \$17	Children (12 and under): \$20

Entry fee includes a t-shirt and a wristband.

Shirts: Participants registered by midnight **March 1, 2016** will be **guaranteed** a t-shirt on race day.

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters and Walker. Top two males and females in age groups: 12 and under, 13-15, 16-19, 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.

Post-Race Party: Food and beverages will be available for purchase after the race. All race registered participants will be eligible to win many fantastic door prizes. Tickets will be sold onsite for fantastic raffle items (each valued at \$100 or more).

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

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

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

T-Shirt: YS YM YL YXL AS AM AL AXL A2XL A3XL (Adult shirts are "slim cut")

Style: Runner Walker (No Running) **Corporate Cup Team:** _____

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. Please no bicycles, skateboards, roller skates or blades. 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 Mobile Police Department, 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.

Signature of Participant: _____ Date _____

(Parent/Guardian must sign for participants under 19)

Make checks payable to: **Justin Hasty Memorial Fund**
 Mail to: **Justin Hasty Memorial Fund; 418 Coventry Way; Mobile, AL 36606**