

Miles for Midwives 5K Race



Benefiting the Alabama Birth Coalition

Saturday, October 11, 2014, 10:00 AM

For more information please visit: <http://www.alabamabirthcoalition.org>

Organized by: Mobile County and Baldwin County Supporters of the Alabama Birth Coalition

Location: 5 Rivers Delta Resource Center; 30945 Five Rivers Blvd. ; Spanish Fort, AL 36527

Distance: Certified 5k course through the 5 Rivers Delta park.

Registration: Pre-registration available at <https://milesformidwives.eventbrite.com>

Packet pick-up and race day registration available on-site from 9:00 AM - 9:45 AM.

Entry fees: Pre-registration: \$25 Adult / \$20 Youth - 12 and under

Day of registration: \$30 Adult / \$25 Youth - 12 and under

\$15 for ****Color Run**** participants

**Proof of registration and/or participation in the Color Run required for discount*

Awards: Top Male and Female overall / Top Male and Female age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50- 59, 60-69, and 70-99 / Best Costume Award. (All participants will receive a finisher's ribbon.)

Shirts: To be guaranteed a shirt on race day, registration must be received by September 30, 2014.

Refreshments: Water will be provided throughout the race route and snacks will be available at the post-race celebration and awards ceremony.

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

Address _____ City/State/Zip _____

Phone(_____) _____ DOB: ____/____/____ Email _____

T-Shirt Size(Circle One): YM YL S M L XL

Additional T-shirts \$15 Qty./Size ____ YM ____ YL ____ S ____ M ____ L ____ XL ____ Total \$ _____

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 5 Rivers Delta Resource Center, Alabama Birth Coalition, Mobile and Baldwin county supporters of Alabama birth coalition, LRH Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on October 11, 2014, 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 _____

Make Checks Payable to: Alabama Birth Coalition

Mail applications and checks to: Miles for Midwives; LRH Productions; PO Box 6976; Mobile, AL 36660

