



MSPCA Run for Rescues 5K and Fun Run



Saturday, September 19, 2015 at 9:00AM
Medal of Honor Park

Benefits: All proceeds go to the Mobile SPCA

Location: Bicentennial Pavilion at Medal of Honor Park (1711 Hillcrest Road, Mobile, AL 36609)

Distance: 5K Trail Run and Fun Run*

Registration: Register by mail (entries should be postmarked by September 1st), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon Thursday, Sept. 17, or online at <http://events.constantcontact.com/register/event?llr=g5aoagfab&oeidk=a07eb18tv9ye2b0b11f>

Entry Fees: Pre-Registration	Race Day Registration
Adult: \$20	Adult \$25
Children (12 and under): \$15	Children(12 and under):\$20
Stay in Bed(shirt only option): \$15	
No shirt option: subtract \$3	

*Entry fees include race entry, race t-shirt and post-race festivities.

**Dogs may participate in the Fun Run and are welcome at the post-race festivities. They must, however, be kept on a leash and pet owners are responsible for their pets and pet products, as per Medal of Honor park regulations.

Awards: The top male and female overall, top male and female finishers in the following age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

T-Shirts: In order to be guaranteed a t-shirt, race applications must be received at the MSPCA office by September 4, 2015.

Post-race: Food and beverages will be provided to participants.

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

Address: _____ City, ST, Zip _____

Date of Birth: _____ Phone: _____ E-Mail: _____

Event: 5K or Fun Run **T-shirt size:** YS YM YL S M L XL XXL **Donation to Mobile SPCA:** \$ _____

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 by 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, 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 the county of Mobile, city of Mobile, Mobile SPCA, 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 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: _____

Make checks payable to: **Mobile SPCA**

Mail completed forms and fees to: **Mobile SPCA, 620 Zeigler Circle W, Mobile, AL 36608**