



# 3<sup>rd</sup> Annual Maranatha 5K Race and Fun Run

Saturday – March 15, 2014 – 8:00 am

**Time:** 5K run/walk will start at 8 AM. Fun Run will start at 9 AM.

**Benefits:** Education of the Seminarians of the Archdiocese of Mobile.

**Organized by:** University of South Alabama's Catholic Student Association and the Vocations Office of the Archdiocese of Mobile.

**Location:** University of South Alabama Campus – Intramural Fields – in Mobile, AL

**Distance:** Certified 5K course (AL08004JD). Fun Run is less than a mile.

**Registration:** Register by mail (entries should be postmarked by March 8, 2014), in person at McCoy Outdoor and Run-N-Tri in Mobile or Running Wild in Fairhope until noon on March 13, 2014, or online ([www.southalabamacsa.com/5K.html](http://www.southalabamacsa.com/5K.html)) until midnight March 12. Race day registration at the race site from 6:30 – 7:30 AM.

**Entry fees:** Pre-registered Adults: \$15                      Day of Race Adults: \$20  
Pre-registered Youth: \$12                                  Day of Race Youth: \$15  
(16 and under)

**Awards:** Top three male and female Overall. 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:** First place CSA student and Archdiocesan Seminarian will receive special recognition.

**Shirts:** Participants registered by February 28 will be guaranteed a t-shirt on race day. Shirts provided while supplies last after that date.

**Post-Race Party:** All registered runners will be eligible for door prizes, food, refreshments at post race party! Must be 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** \_\_\_\_\_

**Address** \_\_\_\_\_ **City, State & ZIP** \_\_\_\_\_

**Date of Birth** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Event:** 5K      Fun Run      **T-Shirt Size:** YM    YL    S    M    L    XL    XXL

**Additional donation to the Archdiocese of Mobile Vocations Office:** \$ \_\_\_\_\_

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 the Archdiocese of Mobile, University of South Alabama and its trustees, officers, agents, servants and employees, 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 **Catholic Student Association**  
 Mail completed applications and fees to **Sacred Heart of Jesus Catholic Student Center, 6051 Old Shell Rd, Mobile, AL 36608**