



# Rachel's Run

## 5K Cross Country Run/Walk

February 20, 2016 ~ 8:00 AM

Graham Creek Nature Preserve  
Foley, AL

**Benefitting:** The Rachel Grace Pigott Scholarship Fund

**Course:** Cross country 5K course through the beautiful Graham Creek Nature Preserve in Foley, AL

**Entry Fees:** Children under 12: \$15      Middle/High School: \$20      Adult: \$25  
Fees increase by \$5 on Race Day

**Registration:** Mail in (postmarked by February 13), in person at Foley High School, or online online at [www.foleyhs.com](http://www.foleyhs.com) or [www.Active.com](http://www.Active.com)

**Shirts:** A race shirt is included with each registration. To guarantee a shirt on race, participants must register by February 10.

**Post-race:** Awards and refreshments after the race.

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt size (circle one) Adult Youth (circle one) XS S M L XL XXL

Release: 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 City of Foley, Foley High School, the Graham Creek Preserve, LRH Productions, The Rachel Grace Pigott Scholarship Fund, together with their agents and affiliates, 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: Rachel Grace Pigott Scholarship

Mail to: Rachel Grace Pigott Scholarship; c/o 18510 Cape Fear Blvd.; Foley, Alabama 36535

For more information: [www.southbaldwinsports.com](http://www.southbaldwinsports.com)