



# Run of the Hill 5K

Saturday, April 5, 2014 at 8am

**Benefits:** Spring Hill College International Service Immersion Program

**Organized by:** Campus Ministry

**Location:** Spring Hill College campus

**Distance:** 5K

**Registration:** Register by mail (entries should be postmarked by Wednesday, March 26, 2014), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on Thursday, March 27, or online <https://runofthehill2014.eventbrite.com> until midnight Thursday, March 27, 2014. Packet Pick-up and race day registration Saturday, April 5, starting at 7am at Stewartfield house at the end of the Avenue of the Oaks.

**Entry fees:** **Pre-registered:** \$15 for students; \$20 for SHC alumni and Mobile community

**Day of Race:** \$25 for all.

**Sleep-In Option:** For \$20, you can sleep in and get a T-shirt

**Awards:** Top male and female for age groups 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and above

**Special Awards:** Special awards for top male and female finishers: overall, student, alumni

**Shirts:** The entry fee includes a race T-shirt, race packet and admittance to the post-race awards ceremony. Shirts guaranteed to all runners registered by Thursday, March 27. Day of race registrants will receive shirts as long as supply lasts.

**Post-Race Party:** Light food and beverages will be provided after the race.

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

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

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

**I am registering as:** Student    Alumnus    SHC Fac/Staff    Mobile Community    Sleep-In

**T-Shirt Size:**    S    M    L    XL    XXL

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 **Spring Hill College**, 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:** Spring Hill College Campus Ministry

**Mail completed applications and fees to:** SHC Office of Campus Ministry; 4000 Dauphin St; Mobile, AL 36608