



SEEDS' Classic Rock 5K and 1 Mile

Saturday, March 7, 2015 Daphne City Hall
5K start: 8 a.m. 1-Mile start: 9 a.m.

Benefits: SEEDS, Daphne's education foundation, and SEEDS' 2015 Classroom Enrichment Program

Produced by: SEEDS (www.seedsindaphne.org)

Sponsored by: Eastern Shore Urgent Care, Andy Citrin Law Firm, Wind Creek Hospitality and Miller's Grand Events

Location: Daphne City Hall; 1705 Main Street, Daphne, AL 36526

Courses: Certified 5K (AL14019JD) and 1-mile courses wind through Olde Towne Daphne on a mostly flat circuit with the start and finish at DAPHNE CITY HALL.

Registration: Register by mail (entries should be postmarked by February 28), online until 4 AM March 6 at <http://seedsclassicrock2015.eventbrite.com> until, or in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on Thurs., Mar 5. Packet Pick-up and Race day registration will be at Daphne City Hall (1705 Main St) from 7-7:45 a.m.

Packet Pick-up: 5K race registration packets will be available for pick-up on Saturday morning, March 7, from 7- 7:45 a.m. at the Daphne City Hall located at 1705 Main Street.

Entry fees: Pre-registered

5K Adult: **\$20**

5K Youth (12 and under): **\$15**

1 Mile: **\$10**

Fee includes race shirt. No shirt option: **subtract \$3**

Day of Race

5K Adult: **\$25**

5K Youth (12 and under): **\$20**

1 Mile: **\$15**

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, Race Walker. Top 3 male and female runners in these age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 34-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,70-99.

Shirts: Classic Rock 5K race shirts guaranteed to all runners registered by February 20th. After that date, registrants will receive shirts as long as supplies last.

Post Race: Post-race party includes live classic rock music, good food, great children's activities and door prizes. Awards presented at 9:30 a.m.

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

Address: _____ City, State, Zip: _____

Date of Birth: _____ Email address: _____ Phone: _____

Style: Runner/walker Race walker T-shirt: YL S M L XL XXL No Shirt (subtract \$3)

Event: 5K 1-Mile An additional SEEDS donation of \$ _____ ? TOTAL ENCLOSED: _____

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 SEEDS, LRH Productions, the City of Daphne, 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 applicants under 19)

Make checks payable to SEEDS. Mail completed applications and fees to: SEEDS, P. O. Box 460, Daphne, AL 36526