

Superhero Skedaddle



5K Run/Walk/Roll and Fun Run

Saturday February 20, 2016 8 AM

Benefits: Goodwill Easter Seals

Sponsored by: Occupational Therapy Class of 2016

Location: Race will start and finish at the SGA Pavilion by the intramural fields

Distance: Certified 5K course (AL08044JD) on USA Campus; Fun run approximately 3/4 mile.

Registration: Register by mail (entries should be postmarked by February 13), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on February 18, or online (<http://superheroskedaddle2016.eventbrite.com>) until 4 AM February 19. Packet pick-up and race day registration at the SGA Pavilion from 6:30 to 7:30 AM.

Entry fees:	Pre-registered:	Day of Race:
	\$20 Adult	\$25 Adult
	\$10 Youth - 12 and Under	\$15 Youth - 12 and Under
	\$12 Stay in Bed – get a shirt but no running	

*Fees include race shirt; no shirt option – subtract \$3

Awards: Top male and female Overall, Masters, and Grandmasters. Top three male and female in age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-99. Fun Run finishers will receive ribbons.

Shirts: To guarantee a shirt on race day, you must submit your application by February 6.

Post-Race Party: Food and beverages will be provided after the race.

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

Address: _____ **City, State & ZIP:** _____

Date of Birth: _____ **Phone:** _____ **Email:** _____

Event: 5K Fun Run Stay in Bed **T-Shirt Size:** YM YL S M L XL No Shirt

Donation to Goodwill Easter Seals: \$ _____

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 University of South Alabama, USA Occupational Therapy Students, LRH Productions (Margaret Olive), 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: SASOTA

Mail to: Superhero Skedaddle; Attn: Ashton Lingo; 6700 Cottage 6Hill RD Apt O6; Mobile, AL 36695

Wear your favorite superhero costume

