



Superhero Skedaddle

5K Run/Walk/Roll and Fun Run

Saturday ~ April 13, 2019 ~ 8 AM

Benefits: Wilmer Hall

Sponsored by: South Alabama Occupational Therapy Class of 2019

Location: Race will start and finish close to the Performing Arts Pavilion in Langan Park (4901 Zeigler Blvd, Mobile, AL 36608)

Distance: Certified 5K course (AL10001JD) in Langan Park; Fun run approximately 3/4 mile.

Registration: Register by mail (entries should be postmarked by April 6), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on April 11, or online (<http://superheroskedaddle2019.eventbrite.com>) until 4 AM April 12. Packet pick-up and race day registration at the Performing Arts Pavilion from 6:30 to 7:30 AM.

Entry fees: Pre-registered:

\$20 Adult
\$10 Youth - 12 and Under
\$18 USA Student (with valid ID)
\$12 Stay in Bed – get a shirt but no running

Day of Race:

\$25 Adult
\$15 Youth - 12 and Under
\$18 USA Student (with valid ID)

*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: 12 and under, 13-19, 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 March 31.

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

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 Mobile, 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: Dept of Occupational Therapy; HAHN 2027; Superhero Skedaddle 5K; 5721 USA Drive North; Mobile, AL 36688

Wear your favorite superhero costume