



Parrot Heads in Paradise, Inc presents:

# Sippin' and Skippin'

## 5K Run/Walk and 1 Mile Fun Run

### Saturday ~ October 28, 2023 ~ 8:00 AM

**Benefits:** Bras Across the Causeway - Breast Cancer at Providence Outreach Fund (Local Patients in Treatment)

**Times:** 8:00 AM: 5K Race      9:00 AM – Fun Run      9:30 AM - Awards

**Location:** All event activities will take place at LuLu's at the Homeport Marina, 200 E 25<sup>th</sup> Ave, Gulf Shores, AL 36542

**Distance:** The certified 5K course (AL22018JE) is an out and back flat course that starts and finishes at Lulu's. Fun Run is approximately 1 Mile.

**Registration:** Register by mail (entries should be postmarked by October 21), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on October 26, or online (<https://runsignup.com/Race/AL/GulfShores/MeetingoftheMindsBrasAcrosstheCAUSEway2023>) until 4 AM on October 27.

Packet pick-up and race day registration at LuLu's from 6:00 AM to 7:50 AM.

<b>Entry fees:</b>	<b>Registered by October 20:</b>	<b>Register October 6 - 27:</b>	<b>Race Day Registration</b>
	\$25 Adult	\$30 Adult	\$35 Adult
	\$20 Youth - 12 and Under	\$25 Youth	\$30 Youth

\*Fees include tee shirt No Shirt option – subtract \$2

**\$23 Spirited Sip & Skip – pick up shirt and party at LuLu's – no running required**

**\$23 Virtual Sip & Skip – can't make it to the event, but want to support - shirt mailed**

**Awards:** Top male and female Overall and top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, and 80+. Fun Run finishers receive ribbons.

**Shirts:** To guarantee a shirt on race day, you must submit your application by October 14.

**Post-Race Party:** Beverages, food, music, and awards at LuLu's after the race.

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

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

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

Event:      5K      Fun Run      Sip & Skip Spirit      Sip & Skip Virtual

T-Shirt:    YM    YL    S    M    L    XL    XXL    No Shirt (-\$2)

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 LuLu's, Parrot Heads in Paradise, Inc, Bras Across the CAUSEway, 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)

**Questions:** Kathy Smith (251) 391-0258

**Make checks payable to:** Bras Across the CAUSEway

**Mail complete applications/fees to:** Bras Across the CAUSEway; Sip & Skip; 30718 Walling Rd; Spanish Fort, AL 36527