



Blisters for Sisters

5K Run/Walk and 1 Mile Fun Run/Walk
Saturday April 16, 2016 8 AM

Benefits: The elderly poor residents at the Little Sisters of the Poor

Location: Race will start and finish at Sacred Heart Residence (1655 McGill Ave, Mobile, AL)

Distance: Certified 5K course (AL13044JD) and 1 Mile courses through the Midtown Mobile

Registration: Register by mail (entries should be postmarked by April 9, in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on April 14, or online (<http://blistersforsisters2016.eventbrite.com>) until 4 AM, April 15. Race day registration and packet pick-up at the Sacred Heart Residence from 7:00 – 8:00 AM.

Entry fees: Pre-registered:

\$20 5K
\$10 Fun Run

Day of Race:

\$25 5K
\$15 Fun Run

*fees include a race shirt and post race party

**no shirt option – subtract \$3 from fees.

Awards: Top male and female Overall and top three males and females age group awards.

Shirts: To guarantee a shirt on race day, your application must be received by midnight on April 2.

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:** _____

T-Shirt Size: S M L XL XXL No Shirt **Donation to Little Sisters:** \$ _____

Credit Card Type: ___ M/C ___ Visa ___ Amex ___ Discover **Card #** _____

TOTAL: _____ **Expiry Date :** _____/_____/_____

I know that running and/or walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the course. I assume all risks associated with running and walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including hot or low temperatures and/or wind chill, traffic and conditions of the road. I acknowledge all such risks as being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors, and administrators waive any and all claims I may have for damages against the Little Sisters of the Poor, LRH Productions, the City of Mobile, and all sponsors and individuals associated with the event, their representatives and successors, and assignees for any and all injuries suffered by me in connection with this event, including pre and post race activities. Sorry no refunds.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: Little Sisters of the Poor

Mail applications and fees to: Blisters for Sisters; Little Sisters of the Poor; 1655 McGill Ave; Mobile, AL 36604

For More Information: (251) 476-6335 devmobile@littlesistersofthepoor.org