

Fifth Annual Caring for Caryn's Kids  
5K Run & 1 Mile Fun Run  
**SUPERHERO HUSTLE**  
Saturday, April 20, 2019



5K-8:00AM

Fun Run- 9:00AM

**Benefits:** Caryn's Kids 2027 Scholarship Fund

**Date & Time:** Saturday, April 20, 2019 | 5K will begin at 8AM | Fun Run will begin at 9AM

**Distance:** Certified 5K Course & Fun Run approximately 1 Mile

**Location:** The Grounds, 1035 Cody Road N., Mobile, AL 36608

**Registration:** Register by mail, no later than April 10. Race packets will be available on Friday, April 19, from 4PM-6PM to be picked up at Olive J. Dodge Elementary or at The Grounds on race day beginning at 6AM.

Register in person at any of the following locations prior to April 10.

- Dodge Elementary School
- Grand Bay Middle School
- Sessions Farm Market (Grand Bay)
- McCoy Outdoor

**Entry Fees:**

- Early Bird (prior to March 1) \$20
- Regular Registration (March 2-Race Day) \$25
- Spirit Runners \$15

(Spirit Runners will receive a t-shirt & can participate in the after party, but does not participate in the run. Spirit Runners must pick up shirts on race day.

**Awards:** 5K: Top Three Male & Female Winners in each Category

Fun Run: Top Male & Female

Group with most participation

Best Male and Female Superhero Costume

**Categories:** Ages 0-9; Ages 10-14; Ages 15-19; Ages 20-29; Ages 30-39; Ages 40-49; Ages 50-59; Ages 60+

**T-Shirts:** To guarantee a shirt, you must submit your registration application no later than April 1.

**Post-Race:** Refreshments, music, and awards ceremony. Children's activities will be available as well.

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Group/School Name (if applicable):** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State & Zip:** \_\_\_\_\_

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

**Event:** 5K Fun Run Spirit Runner **T-shirt Size:** YS YM YL AS AM AL AXL AXXL AXXXL NO SHIRT (deduct \$3)

I know that running or walking a cross-country race is a potentially hazardous activity that could cause injury or death. I should not enter the 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 inherent risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, the conditions of the trail, the conditions of the bridges, all such risks being known and appreciated by me. 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, discharge, and release the Dodge Elementary/CKSF, the Grounds, and its trustees, officers, and members, from all claims or liabilities of any kind arising out of my participation in this event on April 20, 2019 even though that liability may arise out of negligence or carelessness on part of the persons named in this waiver.

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Amount Enclosed:** \_\_\_\_\_

**(Parent/Guardian's Signature if under 18) Make checks payable to: Caryn's Kids Scholarship Fund**

**Mail application to: CK Scholarship Fund PO Box 784 Grand Bay, AL 36541**

**Contact Info:** [carynskids2027@aol.com](mailto:carynskids2027@aol.com) or 251.709.2484

**Internal Use: Received By:** \_\_\_\_\_ **Total Received:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Entered GD:** \_\_\_\_\_