

Elevate's Cool Runnings 5K

MGM High School, Semmes, AL

Saturday ~ April 9, 2016 ~ 8:00AM

Benefits: Proceeds will benefit Elevate students of Pathway Church to attend their annual Fusion trip where they will experience a life-changing weekend of discipleship and fun.

Location: Mary G. Montgomery High School, 4275 Snow Rd N, Semmes, AL 36575

Distance: Certified 5K course (AL12005JD) starts and finishes in front of the MGM high school.

Registration: Register by mail (entries should be postmarked by March 28), in person at Pathway Church at 7200 Moffett Rd, at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon April 7, or online (<https://elevatesCR5K.eventbrite.com>) until 4 AM April 8. Packet pick-up and race day registration at Mary G. Montgomery will be available from 7 - 7:45 AM.

Entry fees:	Pre-registered	Day of Race
	Adult: \$20	Adult: \$25
	Children (12 and under): \$15	Children (12 and under): \$20

Sponsor a student: If you would like a portion of your entry fee to support a particular Pathway student, please write that student's name on your race application.

Awards: Top male and female overall. Top two male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and above.

Shirts: Entry fees include a race shirt. To guarantee a shirt on race day, you must register by March 29.

Post-Race: Refreshments and awards after the race.

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

Address: _____ City, State & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

T-Shirt Size: YL S M L XL XXL I am running to sponsor: _____
Student's name

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 Pathway Church (Elevate Student Ministries), Mary G. Montgomery, LRH Productions, 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: **Pathway Church**

Mail completed applications and fees to: **7200 Moffett Road, Mobile AL 36618**

Thanks for believing in and supporting our students at Pathway Church.