



# Gold and Glory 5K Run/Walk

Saturday

November 8, 2014

7:30 AM

**Benefits:** Team RWB Mobile. Team RWB is a nationwide organization whose mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.

**Organized by:** Team RWB and Girl Scout Troop 8082 For more info, contact Ms. Huntir Bass at huntir.bass@gmail.com

**Location:** Mobile Memorial Gardens at 6100 Union Church Road, Mobile, AL 36619

**Distance:** 5K course through the Memorial Gardens

**Registration:** Register by mail (entries should be postmarked by November 1), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on November 7, or online (www.eventbrite.com) until midnight November 8. Packet pick-up and race day registration at Memorial Gardens from 6:15 – 7:15 AM.

<b>Entry fees:</b>	<b>Pre-registered:</b>	<b>Day of Race:</b>
	\$20 Adult	\$25 Adult
	\$15 Youth - 12 and Under	\$20 Youth - 12 and Under
	\$15 Veterans and Team RWB Mobile	\$20 Veterans and Team RWB Mobile

\*Fees include a shirt and a flag to be placed on a veteran's marker after finishing the run;  
\*\*no shirt option – subtract \$3

**Awards:** Top male and female Overall and top two male and female in age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-99.

**Shirts:** To guarantee a shirt on race day, you must submit your application by October 27

**Post-Race:** 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:** YL S M L XL XXL No Shirt **Veteran or Team RWB?:** Yes No

**Donation to Team RWB Mobile:** \$ \_\_\_\_\_

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 Mobile Memorial Gardens, the Girl Scouts, Team RWB, 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 on November 8, 2014, 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:** Girl Scout Troop 8082

**Mail completed applications and fees to:** Gold and Glory 5K; LRH Productions; PO Box 6976; Mobile, AL. 36695