



Home of Grace

5K Run/ Walk and Fun Run

Saturday – November 12, 2016 – 8 AM



Benefits: Home of Grace for Women Alumni programs

Organized by: Home of Grace for Women Alumni

Location: Steele Creek Lodge, 368 Juniper Avenue, Satsuma, AL 36572

Distances: Certified 5K course (AL09027JD) through the neighborhoods of Satsuma and 1 Mile Fun Run

Registration: Register by mail (entries should be postmarked by November 5), in person at McCoy Outdoor, Run-N-Tri, and Fleet Feet in Mobile or Running Wild in Fairhope until noon on November 10, or online <http://homeofgrace5k2016.eventbrite.com> until 4 AM November 11. Race day registration and packet pick-up at Steel Creek Lodge from 6:30 – 7:45 AM.

Entry fees: Pre-registered

Adults - \$20

Children 12 and under - \$15

Stay In Bed (get a shirt/no running) - \$15

**Entry fees include a short-sleeved tech shirt. To guarantee a shirt on race day, participants must register by November 1. No Shirt Option: subtract \$3 from entry fee.

Day of Race

Adults - \$25

Children 12 and under - \$20

Awards: Top male and female Overall, Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

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:** _____

Event: 5K Fun Run Stay in Bed **T-Shirt:** YM YL S M L XL XXL No Shirt

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 the Home of Grace for Women, City of Satsuma, 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. I give permission for the use of my name and/or pictures in any broadcast, telecast or other account of this event.

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

Make checks payable to: **Home of Grace for Women Alumni**

Mail completed applications and fees to: **Home of Grace 5K; LRH Productions; P.O. Box 6976; Mobile, AL 36660**