



Mellow Mushroom at the Loop
Saturday March 29, 2014 11:00 AM

- Date and Time:** Saturday, March 29, 2014. 5K race will start at 11:00 AM.
- Location:** Mellow Mushroom at the Loop (2032 Airport Blvd, Mobile, AL 36606)
- Distance:** 5K course – we will be using the Mellow Mushroom 5K training course through midtown Mobile.
- Registration:** **Pre-register** by mail (entries should be postmarked by March 22, 2014), **OR** in person at McCoy Outdoors or Run-n-Tri in Mobile or Running Wild in Fairhope by noon on March 27, 2014 **OR** online (<http://letsgetit5K.eventbrite.com>) until midnight March 27, 2014. **Race day registration and packet pick-up at Mellow Mushroom at the Loop from 9:30-10:45 AM.**
- Entry fees:** Pre-registered Adults: \$15 Day of Race Adults: \$18
Pre-registered Children: \$12 Day of Race Children: \$15
(15 and under) (15 and under)
*Entry fee includes a t-shirt and a wristband.
- Awards:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters and Walker. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99.
- Shirts:** Participants registered by **March 20, 2014** will be **guaranteed** a t-shirt on race day.
- Post-Race Party:** Food and beverages will be available for purchase after the race. All registered participants will be eligible for many fantastic door prizes.

Last Name _____ First Name _____ Age _____ Sex M F

Address _____ City, State & ZIP _____

Date of Birth _____ Phone _____ Email: _____

Style: Runner Walker **T-Shirt:** YS YM YL YXL S M L XL XXL

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 MP3 players, ear buds, and 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 Mellow Mushroom at the Loop, the city of Mobile, the Mobile Police Department, its employees, officers, and agents, 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 children under 19)

Make checks payable to: **Justin Hasty Memorial Fund**
Mail completed applications and fees to: **Let's Get It 5K; LRH Productions; PO Box 6976; Mobile, AL 36660**