

PHind A Cure

5K Run/Walk & Fun Run

Saturday ~ April 23, 2016 ~ 7:30 AM

Benefits: Pulmonary Hypertension Association

Location: Race will start and finish at the USS Alabama Battleship Park.

Distance: Out and back certified 5K (AL08020JD) course along the Causeway between Mobile and Spanish Fort. Fun Run is approximately 1 Mile. Race and Fun Run will start and finish at Battleship Park.

Registration: Register by mail (entries should be postmarked by April 16), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on April 21, or online (<http://phindacure2016.eventbrite.com>) until 4 AM on April 22. Packet pick-up and race day registration at USS Alabama Battleship Park 6:15 AM to 7:15 AM.

Entry fees: Pre-registered:

\$20 Adult \$25

\$15 Youth -12 and Under

*Fees include tee shirt **No shirt option – subtract \$3

Day of Race:

Adult

\$20 Youth -12 and Under

Awards: Top male and female Overall and 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, and 70-99. Fun Run finishers will receive ribbons.

Shirts: To guarantee a shirt on race day, you must submit your application by April 16.

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 **T-Shirt Size:** YM YL S M L XL 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 USS Alabama Battleship Memorial Park, Pulmonary Hypertension Association, 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 April 23, 2016, 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: Pulmonary Hypertension Association or PHA

Mail completed applications and fees to: D. Head; 36057 Co. Rd. 39; Stapleton, AL 36578

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