



# MHS Panther Pride 5K Run/Walk Panther Prowl Fun Run

## Saturday ~ May 4, 2024 ~ 5K - 1:00 PM

**Benefits:** Murphy High School

**Organized by:** Murphy High School PTSA

**Location:** Murphy High School; 100 South Carlen Street, Mobile, AL 36606

**Distance:** Certified 5K course (AL17001JE) through the neighborhoods surrounding Murphy High.

**Registration:** Register by mail (entries must be postmarked by April 23), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on April 29, or online at <http://pantherpride5k2024> until 4 AM May 3. Race day registration and packet pick-up at the Murphy "Horseshoe" from 9:30 – 10:30 AM.

**Entry fees: Early Registration thru 4/5**

**Pre-registered (4/6-5/3)**

**Day of Race (5/4)**

Children (12 and under): \$18

Children: \$21

Children: \$26

Adult (13 and over): \$23

Adult: \$26

Adult: \$31

Murphy Students: \$18

Murphy Students: \$21

Murphy Students: \$26

Stay in Bed (no running, but get a shirt): \$20; \$25 after 4/5

\*Entry fee includes race shirt. No shirt option, subtract \$3

**Packet Pick-up:** You may opt to pick up your race packet in person or have your packet mailed to you. If you want your packet mailed, please be sure to order a postage ticket.

**Early packet pickup on Friday, May 3. Time: TBA**

**Awards:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race 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. **\*Winners must pick up their awards on race day.**

**Shirts:** Registered runners will receive a race shirt. **To guarantee a shirt, you must submit your application and fees no later than April 18 by 9:00 PM.** Registered runners will receive a race shirt. To guarantee a shirt on race day, you must submit your application and fees by April 18. **Shirts will be provided as available after April 18.** Shirts will not be reordered after the race.

**NO REFUNDS will be offered.**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City, State & ZIP \_\_\_\_\_

Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**Event:** 5K    Stay in Bed    Fun Run    **Style:** Runner/Walker    Race Walker (no running during race)

**T-Shirt:** Soft Style Cotton    **Size:** YM    YL    S    M    L    XL    2XL (+\$2)    3XL (+\$4)    No Shirt (- \$3)

**Optional Donation:** \$ \_\_\_\_\_ Packet: I will pick up    Please mail (+\$9)    Student Homeroom \_\_\_\_\_

In consideration of Murphy High School, Murphy PTSA, Little Red Hen Productions (LRH), their sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns organizing and conducting the Panther Pride 5K, and allowing me to participate and run in said race/events, I hereby waive, release and discharge forever said the Murphy High School, Murphy PTSA, LRH, their sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns from all claims, demands, rights, and causes of action whatsoever kind and nature arising directly or indirectly, from all known or unknown, foreseen or unforeseen, bodily or personal injury, damage to property and the consequences thereof resulting from my running and/or participating in said Panther Pride 5K run and covenant not to sue for any said injuries and/or damage. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race/event. I understand that no strollers, roller skates, headphones, inline skates, dogs, or bicycles will be allowed on the course. Further, I grant full permission to all the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. I have read the above release and understand that I am entering the Panther Pride 5K run at my own risk.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian must sign for participants under 19)

Make checks payable to: **Murphy PTSA** [Returned checks will be subject to a processing fee]

Mail completed applications and fees to **Panther Pride; Murphy High School PTSA; PO Box 16653; Mobile, AL 36616**

For more information, contact Murphy PTSA at [panther5krun@yahoo.com](mailto:panther5krun@yahoo.com)