



Spartan Pride

5K Run/Walk & 1 Mile Fun Run

Saturday ~ February 28, 2015 ~ 8:00 AM

- Benefits:** Saraland High School PTO programs and projects
- Organized by:** Saraland High School PTO
- Location:** Amelia Park, Saraland, AL - next to Saraland Civic Center. Directions: Exit 13 east $\frac{1}{4}$ mile on Hwy 158 to Shelton Beach Rd. Turn left on Shelton Beach Rd and go $\frac{1}{2}$ mile to Second Ave. Turn right on Second Ave and go $\frac{1}{4}$ mile to Myron Ave. Turn left on Myron Ave.
- Distances:** Certified 5K (AL11059JD) courses in Saraland residential neighborhoods starting at Amelia Park. Fun run course is approximately one mile in length. The courses are fairly flat; some gently inclines. Fluids provided along the course.
- Registration:** Mail in registration, postmarked by February 21 or pre-register in person by 12 PM, February 27, at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope, or register online at <http://spartanpride5k.eventbrite.com> until 4 AM of February 27. Day of race registration will be from 6:30 AM to 7:45 AM in Amelia Park.
- Entry fees:** Pre-registered Adult: \$20
 Pre-registered Youth under 19: \$15
 Stay in Bed: \$15
 No Shirt option: Subtract \$3
 Day of race Adult: \$25
 Day of race Youth under 19: \$20
- Awards:** 5K: Top male and female overall, top male and female masters, grandmasters, senior-grandmasters, and walkers. Top three in age groups of 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, 75 & over. Ribbons for one-mile finishers.
- Shirts:** Participants pre-registered by February 14 are guaranteed a t-shirt on race day. Late registrants will receive t-shirts as long as the supply lasts.
- Post-Race:** Food and beverages provided for all race participants.

Last Name: _____ First Name: _____ Age: _____ Sex: _____

Address: _____ City, ST & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

T-Shirt Size: YL S M L XL XXL No Shirt (subtract \$3)

Walker: Yes No Event: 5K Fun Run Stay in Bed

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 City of Saraland, Saraland High School PTSA, 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 participants under 19)

Make checks payable to: **Saraland High PTO**

Mail completed applications and fees to: **Saraland High PTO; 1115 Industrial Parkway; Saraland, AL 36571**