



Steady Pace 5K Run/Walk 1 Mile Fun Run Family Health and Fitness Fair

Help Fight the Obesity Epidemic

Date and Time: August 29, 2015. 5K race will start at 8 AM. 1-Mile Fun Run will start at 9 AM.

Location: Lyons Park on Springhill Ave, Mobile, AL

Benefiting: Local Anti-Obesity Programs

Distance: USATF certified 5K course (AL13037JD) through the Lyons Park neighborhood in midtown Mobile. Accurately measured 1 Mile course around Lyons Park. Fluids will be provided along the courses.

Registration: **Pre-register** by mail (postmarked by August 22, 2015), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on August 27, or online (www.Active.com) until 4 AM August 28. Packet pick-up and race day registration at Lyons Park from 6:30-7:30 AM

Entry fees:	Pre-registered	Day of Race
	Adults: \$15	Adult: \$20
	Children (12 and under): \$10	Children (12 and under): \$15
	* No shirt option – subtract \$3	
	**Children (12 and under) free if accompanied by registered adult	

Awards: **5K** - Top male and female Overall, Masters, Grandmasters, and Senior Grandmasters. 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.

Fun Run – Awards to top three male and female registered fun runners.

Shirts: Participants registered by August 22 will be guaranteed a race shirt on race day. Late registrants will receive shirts while the supply lasts.

Post-Race Party: Food, beverages, and music will be provided after the race. Participants are invited to visit the Health and Fitness Fair in Lyons Park.

Last Name: _____ **First Name:** _____ **Age:** _____ **Sex:** M F

Address: _____ **City, State & ZIP:** _____

Date of Birth: _____ **Phone:** _____ **Email address:** _____

Event: 5K Fun Run **T-Shirt Size:** YS 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 SteadyPace5K, City of Mobile, Little Red Hen Productions, its employees, officers, and agents, 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: **SteadyPace5K**
Mail applications and fees to: **LRH Productions; SteadyPace; PO Box 6976; Mobile, AL 36660**

