



MS Avengers presents Amazing Taste of Mobile

5K Run/Walk and Fun Run/Walk
Saturday – September 21, 2019 – 8 AM

Benefits: Gulf Coast Multiple Sclerosis Avengers - a non-profit 501c3 organization.
Location: University of Mobile Campus – 5735 College Parkway; Mobile, AL 36613.
Distance: 5K certified course (AL14027JD) and fun run (approximately ¾ mile) on the University of Mobile campus.

Registration: Register by mail (entries should be postmarked by September 14), in person at McCoy Outdoor, Run-N-Tri or Fleet Feet in Mobile or Running Wild in Fairhope until noon on September 20, or at <https://runsignup.com/Race/AL/Mobile/AmazingTasteofMobile5Kand1Mile> until 4 AM, September 20. Packet pick-up and race day registration at the University of Mobile at 6:45 AM.

Entry fees:	Pre-registered	Day of Race
	Adults: \$20	Adults: \$25
	Children (12 and under): \$15	Children (12 and under): \$20

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. Top two 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: To guarantee a race shirt on race day, you must submit your completed race application by September 14, 2019.

Post-Race Party: Food, beverages, and door prizes will be provided after the race in front of the Bedsole Library.

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

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

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

I am a: Runner/walker Race walker **Event:** 5K Fun Run **T-Shirt Size:** YL S M L XL XXL No Shirt

MS patient: Yes No **Additional donation to Gulf Coast Multiple Sclerosis Avengers:** \$ _____

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 the Gulf Coast Multiple Sclerosis Avengers, University of Mobile, 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: **Gulf Coast Multiple Sclerosis Avengers**
Mail completed applications and fees to: **MS Avengers; PO Box 91434; Mobile, AL 36691-1434**