



Cottage Hill Anniversary Run

Certified 5K Run/Walk and 1 Mile Fun Run

Saturday ~ November 9, 2019 ~ 5K - 8:00 AM; Fun Run - 9 AM

Sponsored by: Cottage Hill Baptist Church

Benefits: Cottage Hill Baptist Church Missions

Location: Cottage Hill Baptist Church, 4255 Cottage Hill Road Mobile, Alabama 36609

Distances: Certified 5K course (AL19045JE) through neighborhoods behind the church; Mile Fun is approximately 1 mile

Registration: Register by mail (entries should be postmarked by October 30), in person at Cottage Hill Baptist Church, McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on November 7th, or online at <https://chbcanniversaryrun2019.eventbrite.com> until 4 AM November 8th. Race day registration and packet pick-up available at Cottage Hill Baptist Church from 6:30 – 7:50 AM.

Entry fees:	<u>Pre-registered</u>	<u>Day of Race</u>
	\$25 – 5K includes long sleeved shirt	\$30 – 5K
	\$15 – Fun Run includes long sleeved shirt	\$20 – Fun Run
	\$15—Shirt only	

*Additional fee of \$2 for XXL shirts.

*No Shirt option – subtract \$3

*To guarantee a shirt on race day, participants must be registered by October 18.

Awards: Top Overall Male and Female, top Male and Female Masters, Grandmasters, Senior Grandmasters, and top three Male and Female. 9 & 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+

Post-Race: Snacks, beverages and awards will be provided after the race. Children’s area will be available for the kids.

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

Address: _____ **City:** _____ **State:** _____ **ZIP:** _____

DOB: _____ **Phone:** _____ **Email:** _____

T-shirt: YL S M L XL XXL (+\$2) No Shirt (-\$3) **Event:** 5K Fun Run Shirt only

Emergency Contact _____ **Cell Phone** _____ **Additional Donations** _____

Release Form: 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, I am in good health and I 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 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 5K or Fun Run and I will abide by this guideline. I understand that if I do not abide by these guidelines, race officials have the authority to disqualify me from the race. 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 Cottage Hill Baptist Church, the City of Mobile, LRH Productions, its sponsors, agents, servants, representatives, officers, council, licenses, contractors, successors, and assigns organizing and conducting the Cottage Hill Baptist Church 5K and Fun Run, held Saturday, November 9, 2019, and allowing me to participate and run/walk/race-walk in said race, I hereby waive, release and discharge forever said Cottage Hill Baptist Church 5K and Fun Run and its sponsors, agents, servants, representative, officers, council, licenses, contractors, successors, and assigns from any and all claims or liabilities of any kind arising out of my participation in the Cottage Hill Baptist Church 5K and Fun Run, even though that liability may rise out of negligence or carelessness on the part of the persons named in this waiver. I give permission for the use of my name and/or pictures in any broadcast, telecast or other account of this event.

Signature: _____ **Date:** _____

Parent (Guardian) for participants 18 and under:

_____ **Date:** _____

Make check payable to: **Cottage Hill Baptist Church**

Send application and fees to: **Cottage Hill Baptist Church Attn: Diane Capps 4255 Cottage Hill Road Mobile, Alabama 36609**

For more info: Contact **Diane Capps** at 251-662-8650 or dianec@cottagehill.org *Payment Info:* _____