



33rd Annual

Joe Cain Classic

5K Run, 1 Mile, and Moon Pie Dash
Sunday – February 11, 2024 - 8 AM



Proceeds to benefit:

Challenged Athletes

Organized by:

Bay Area Runners

Location:

Broad Street and Canal Street in Mobile, AL

Course

5K Flat, fast, & ugly!!!

USATF certification AL03036JD

Awards:

Top 3 male and female Overall, 1st Male and Female Master, 1st Male and Female Grandmaster, 1st Male and Female Senior Grandmaster, Legend, and Superhero. Top 3 Clydesdales (210+ lbs) and Athena (165+ lbs), Top 5 Male and Female Race Walkers and top Overall Male and Female Wheelchair.

Age groups: Top three male and female in following divisions: 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, 75-79, 80-84, 85-89 and 90+

Shirts:

All pre-registered runners with applications postmarked by **2/2/2024** are guaranteed a T-shirt on race day. All applications postmarked after **2/2/2024** and race day registrants receive T-shirts while they last. Moon Pie Dash participants must register only if they want a T-shirt.

Results:

Results will be posted at the block party and on <https://productionsbylittleredhen.com>

Registration:

New Year Special! - postmarked on or before **1/2/2024: \$20.00**

Early registration - postmarked on or before **2/2/2024: \$25.00**

Late registration - received after **2/2/2024** or day of race: **\$30.00**

Children 10 and under: \$10.00.

On-line registration - www.events.com **until 6 AM 2/9/2024**

Walk-in registration - McCoy Outdoor Co, Fleet Feet or Run-N-Tri in Mobile until noon Thursday, **2/8/2024.**

Early Packet Pick-up and Late Registration: Friday February 9, 2024 from NOON until 5:30 at the PCP's office located at 358 Morgan Ave.

Packet Pick-up and day of race registration: At race site from 6:30 AM- 7:30 AM.

Post Race Party :

All registered runners will be eligible for door prizes, food, refreshments, & festivities at post race block party. Must be present to win. Block Party will be held in front of the Joe Cain House on Augusta Street a few blocks from the race site.

Entry Fees and Weather Disclaimer:

In the event of dangerous, inclement weather, the Bay Area Runners reserve the right to delay or cancel the event. **Entry fees are non-refundable or transferable and will be considered a donation.**

Last Name: _____ First Name: _____ Age: _____ Gender: M F

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

Date of Birth _____ Phone _____ Email _____

T-Shirt Size: XS S M L XL XXL XXXL **Event:** 5K 1-Mile MP Dash

Category: Run Race walk / Walk Athena Clydesdale Wheelchair

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 Bay Area Runners, Little Red Hen Productions (Margaret Olive), City of Mobile, 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: Joe Cain Classic 5K

Mail to: Bay Area Runners; Joe Cain Run; PO Box 2161; Daphne, AL 36526

Additional information: David Wilder (251) 605-7942