

# Land Rush 5K and Fun Run

## Amelia Park, Saraland, AL

Saturday ~ August 19, 2023 ~ 7:30 AM

- Benefits:** Saraland Cross Country
- Organized by:** City of Saraland Parks and Recreation Department
- Location:** Amelia Park, 716 Mae St, Saraland, AL 36571
- Start times:** 5K will start at 7:30 AM      Fun Run will start at 8:30 AM
- Distances:** Certified 5K course through Saraland neighborhoods starting and finishing near Amelia Park. The fun run follows an out and back course. The courses are fairly flat; some gently inclines. Water provided along the course.
- Registration:** Mail in registration, postmarked by August 11 or pre-register in person by 12 PM, August 17, at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or City of Saraland Parks and Recreation offices. Register online at [cityofsaraland.recdesk.com](http://cityofsaraland.recdesk.com) until 7 AM August 19. Day of race registration will be from 6:00 - 7:15 AM at the pavilion in Amelia Park.
- Entry fees:** Pre-registered 5K: \$20      Day of race 5K: \$25  
Pre-registered Fun Run: \$15      Day of race Fun Run: \$20  
Just a Shirt: \$15
- Awards:** 5K: Top three male and female overall, top male and female masters, grandmasters, senior-grandmasters, legends 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, 75-79, 80 & over. Ribbons for one-mile finishers.
- Shirts:** Participants pre-registered by August 11 are guaranteed a t-shirt on race day. Late registrants will receive t-shirts as long as the supply lasts.
- Post-Race:** Food, beverages, awards, and other activities provided for all race participants.

---

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_ Sex: M F

Address: \_\_\_\_\_ City, ST & ZIP: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Category: Runner   Walker   Wheelchair      Event:   5K   Fun Run   Just a shirt

T-Shirt Size:   YS   YM   YL   S   M   L   XL   XXL   XXXL

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, LRH Productions (Margaret Olive), 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: City of Saraland Parks and Recreation

Mail completed applications and fees to: Land Rush 5K - City of Saraland Parks and Recreation 716 Mae Street Saraland, AL 36571



# LAND RUSH 2023



# 5K RUN & WALK

**5K | \$20**  
**Fun Run | \$15**  
**T-Shirt Only | \$15**

**SATURDAY,  
AUGUST 19**



**Amelia Park**

**716 Mae Street | Saraland, AL**

**MORE INFO & REGISTRATION:**

**<https://cityofsaraland.recdesk.com>**

**CALL (251)679-5511**