



Ram Run 5K

Saturday – April 23, 2016 – 8 AM
University of Mobile Campus; Mobile, AL

Benefits: University of Mobile

Location: University of Mobile Campus – 5735 College Parkway; Mobile, AL 36613.

Distance: 5K certified course (AL1402711040JD) on the UM campus.

Registration: Register by mail (entries should be postmarked by April 16), in person at McCoy Outdoor, Run-N-Tri or Fleet Feet in Mobile until noon on April 21, or online (umobile.edu/RamRun or on Active.com) until 4 AM, April 22. 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
	Alumni: \$15	Alumni: \$20
	UMobile Students, Faculty, Staff: \$10	UMobile Students, Faculty, Staff: \$15

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. 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.

Shirts: To guarantee a moisture management shirt on race day, you must submit your completed race application by April 15.

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 **Alumni:** Yes No **T-Shirt Size:** S M L XL XXL

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 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: **University of Mobile**
Mail completed applications and fees to: **Ram Run; Alumni Office; 5735 College Parkway; Mobile, AL 36613-2842**