



# THIS IS LIFE

**5K & FAMILY FUN RUN & ART WALK**  
**Saturday ~ September 30, 2023 ~ 8 AM**  
**Benefiting The Women's Resource Center**

**Location:** Semmes Honor Park, 4100 Wulff Road East, Semmes, AL 36575

**Distance:** Certified out and back 5K course (AL22041JE). Fun Run is approximately 1 Mile.

**Registration:** By mail: entries should be postmarked by September 23, 2023  
In person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon September 28.  
Online: <https://secure.fundeasy.com/ministrysync/event/home.php?e=23685www.wrcmobile.org>  
Packet pick-up & late registration September 30 at Semmes Honor Park starting at 7:00 AM.

**Entry Fees: Pre-registered:**

**Adults:** \$35\*

**Children (12 and under):** \$25

\* Race fee includes moisture management race shirt, lunch, raffle ticket, and post-race celebration including lunch

**Race Day:**

**Adults:** \$40

**Children (12 and under):** \$35

**Awards:** Top male & female overall runner! Top 3 male & female finishers in age groups!

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

**Address:** \_\_\_\_\_ **City, State & Zip:** \_\_\_\_\_

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

**Event:** 5K Fun Run **T-shirt:** AXS AS AM AL AXL AXXL

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 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 Women's Resource Center, City of Semmes, 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: **Women's Resource Center**

Mail forms and fees to: **Women's Resource Center; 718 Downtowner Loop W; Mobile, AL 36609**