

Spanish Fort Fire Rescue presents:

Firefighter Fire Prevention

5K Race and 1-MILE Fun Run

Saturday – September 23, 2023 – 8 AM 5K – 9 AM Fun Run



Benefits: Spanish Fort Fire Rescue Fire Prevention programs
call 251-626-8876 for additional information

Location: Spanish Fort Causeway - Meaher State Park

Registration: Register by mail (entries should be postmarked by August 30, 2023), or in person at Spanish Fort Fire Rescue 7580 Spanish Fort Blvd., or on-line at [Spanish Fort Fire Rescue Annual 5ZK 2023](#)

Entry fees: Pre-register Day of Race
Adults: \$40 Adults: \$45
Children (12 and under): \$20 Children (12 and under): \$25

Fire Suppressors (Stay in Bed): get a shirt; stay comfortably in bed: \$20

*Entry fee includes race shirt and post-race party.

Shirts: To **guarantee** a shirt on race day, you must submit your application by August 30, 2023.

Awards: Top male & female Overall finishers and top three male & female in age groups: 7 & under, 8-9, 10-12, 13-14, 15-18, 19-24, 25-29, 30-39, 40-49, 50-59, 60-69, & 70-99

Post-Race: Awards, food and beverages provided after the race.

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

Address: _____ **City, State & Zip** _____

Date of Birth: _____ **Phone Number:** _____ **Email:** _____

Event: 5K Fun Run Stay in Bed **T-Shirt Size:** YL 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 &/or humidity, traffic, & the conditions of the road, all such risks being known & appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals & radio headsets are not allowed in the race & I will abide by these guidelines. Having read this waiver & knowing these facts & in consideration of your accepting my entry, I, for myself & anyone entitled to act on my behalf, waive & release Spanish Fort Fire Rescue, City of Spanish Fort, LRH Productions, all sponsors, their representatives & 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: Spanish Fort Fire Rescue

Mail to: Fire Prevention 5K; SFFR Station 1; 7580 Spanish Fort Blvd; Spanish Fort, AL 36527