Spanish Fort Fire Rescue presents:

# Fire Prevention 5K

## 5K Race and 1-MILE Fun Run

**Saturday – September 24, 2016 – Start: 5K - 8 AM Fun Run – 9 AM**

**Benefits:** Spanish Fort Fire Rescue Fire Prevention programs
Contact Pate Cardwell at 251-410-6181 for additional information

**Location:** Spanish Fort Causeway - Meaher State Park

**Distance:** Certified 5K course (AL11009JD). Fun Run course is approximately 1 mile

**Registration:** Register by mail (entries should be postmarked by September 17), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on Thursday, September 22, or online at http://sffrfireprevention5K2016.eventbrite.com.
Race day registration from 7-7:45 AM at Meaher State Park.

**Entry fees:**

| Pre-register | Day of Race |
|---|---|
| Adults: $20 | Adults: $25 |
| Children (12 and under): $15 | Children (12 and under): $20 |

Fire Suppressors (Stay in Bed): get a shirt; stay comfortably in bed: $15
*Entry fee includes race shirt and post-race party.
**No shirt option: subtract $3

**Awards:** Top male & female Overall finishers and top three male & female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-39, 40-49, 50-59, 60-69, & 70-99

**Shirts:** To **guarantee** a shirt on race day, you must submit your application by September 10.

**Post-Race:** Food and beverages will be 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 No Shirt (Subtract $3)

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