

Project Rescue Run 5K

Saturday - October 29, 2022 - 8 AM

Benefits: Project Rescue - an organization that exists to rescue and restore victims of sexual slavery through the love and power of Jesus Christ. (<https://projectrescue.com/>)

Organized by: Praise Family Church

Location: Praise Family Church, 2605 Dawes Road, Mobile, AL 36695

Distance: Certified 5K course includes Dawes Road, Cottage Hill Road, Leroy Stevens, Jr Road, and Rosebud Drive.

Registration: Register by mail (entries should be postmarked by October 21), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on Thursday, October 27, or online at <https://praisefamily.church/events-calendar/project-rescue-run> until 4 AM Friday, October 28. Packet Pick-up and race day registration at the Praise Family Church from 6:30 AM - 7:45 AM.

Entry Fees: Pre-registered:	Day of race:
Adults: \$39	Adults: \$39
Children (12 and under): \$39	Children (12 and under): \$39

Awards: Everyone receives a participation medal
Top male and female Overall finishers. Top male and female finishers in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+.

Shirts: Participants must be registered by October 15 to guarantee a t-shirt in the requested size on race day. Tee shirts available for late registration while supplies last.

Post-Race Party: Food and beverages after the race.

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

Address: _____ **City, ST, ZIP:** _____

Phone: _____ **DOB:** _____ **Email:** _____

T-Shirt: YM YL S M L XL

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 decisions of a race official relative to any aspect of my participation 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 Praise Family Church, the City of Mobile, Project Rescue, 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: Praise Family Church

Mail application and fees to: Project Rescue Run 5K; Praise Family Church; 2605 Dawes Road; Mobile, AL 36695