



Rockin' for Recovery

5K and Fun Run - Saturday, April 18, 2020 - 9 AM

Benefiting The Shoulder's new women's residential program

Location: Packet pick-up and registration will take place at Daphne City Hall, 1705 Main St. Daphne, AL 36526.

Distance: Certified 5K course (AL14019JD); Fun run approximately 1-Mile

Start times: 9:00 am – 5K 10:00 am – Fun Run

Registration: Register by mail (entries should be postmarked by April 10, 2020), in person at The Shoulder, until noon April 16, or online at <https://charity.gofundme.com/o/en/campaign/rockin-for-recovery-5k-and-fun-run?fbclid=iwar2qmfhj5bajgexubgimcmqcgcmcd5pvioibsr8rifhsrzalvrnaa-hze> until noon April 17. Race day registration and packet pick up at Daphne City Hall from 7:45 - 8:45 AM.

Entry fees: Pre-registered: \$25 Day of Race: \$30 Stay in bed (get shirt): \$20

Awards: Top male and female and top three male and female in age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Special award: Best male and female 80's themed costume

Shirts: Participants registered by April 4 will be guaranteed a t-shirt in requested size. after April 4 sizes are not guaranteed

Post-race: Food, band, jump houses, games, raffle and awards presentation.

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

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

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

Shirt Size: YXS YS YM YL XS S M L XL XXL

Event (Circle One): **5K Run/Walk** **1 Mile Fun Run** **Stay in Bed**

Donation to The Shoulder \$ _____

I know that running in a race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I 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 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 roller blades, animals, and personal music players are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Shoulder, LRH Productions, the city of Daphne, and the Road Runners, all event 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: _____ **Date:** _____
(Each participant must sign; parent or guardian for participants under 19)

Make checks payable to: The Shoulder

Mail checks and entry forms to: The Shoulder; Rockin' for Recovery; PO Box 7130; Spanish Fort, AL 36577