

# GO RUN

## Second Annual 5K and Fun Run

### September 19, 2009 – 8:00 A.M.



**Benefits:** USA Mitchell Cancer Institute - Gynecologic Cancer Research

**Organized by:** USA Mitchell Cancer Institute and Port City Pacers

**Location:** University of South Alabama Campus – Intramural Field Pavilion

**Distance:** Certified 5K Course (AL01016JD)

**Registration:** Register by mail – Must be post marked by Wednesday, September 9<sup>th</sup>.  
In person at McCoy Outdoor until noon Thursday, September 17<sup>th</sup>.  
Online (www.Active.com) until midnight Wednesday, September 16<sup>th</sup>.  
Race day registration – 6:30 - 7:30 A.M.

<b>Entry fees:</b>	Adult Pre-registered 5K - \$15	Day of Race - \$20
	Youth (15 and under) Pre-registered 5K - \$10	Day of Race - \$15
	Adult Fun Run Pre-Registered - \$10	Day of Race - \$15
	Youth (15 and under) Fun Run Pre-Registered - \$5	Day of Race - \$10

**Awards:** **5K :** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race walker. Top three male and female in age groups: 9 and under, 10 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74 and 75 - 99.  
**FUN RUN:** Top 3 Male and Female.

**Shirts:** To guarantee a shirt on race day, you must submit your application by Wednesday, September 9<sup>th</sup>. T-shirts will not be re-ordered.

**Post-Race Party:** Drawings for fantastic door prizes, music and children’s activities. Food and beverages will be provided after the race.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City, State & ZIP \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

**Category:**     Runner/Walker     Racewalker    **T-Shirt Size** (please circle):    S    M    L    XL    XXL

Please check one:    **Adult**     5K Race     Fun Run  
                                 **Youth**     5K Race     Fun Run

**YES, I would like to give an additional tax-deductible donation to the USA MCI of \$\_\_\_\_\_.**

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 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 PCP Pacers, the USA Mitchell Cancer Institute, the University of South Alabama, 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 USA MITCHELL CANCER INSTITUTE.**

**Mail application and fees to: Port City Pacers, P.O. Box 6427, Mobile, AL 36660**