SILVER CLASSIC
5K AND FUN RUN/WALK
April 17, 2010 8 AM

Benefits: Mobile Regional Senior Community Center (MRSCC)

Organized by: MRSCC Foundation, Inc. and Little Red Hen Productions

Location: Mobile Regional Senior Community Center (MRSCC), 3201 Hillcrest Road

Distance: Certified 5K course that includes the Environmental Center and 1 mile Fun Run/Walk

Registration: Register by mail (entries should be postmarked by Saturday, April 10th), in person at McCoy Outdoor until noon on the April 15th, or online (www.Active.com) until midnight Wednesday, April 14th. Race day registration will be at MRSCC from 6:30-7:30 AM.

Entry fees:

5K Pre-registered Adults:- $15	5K Day of Race - $20 5K
5K Pre-registered Children: $10 (Children 12 and under)	5K Day of Race Children: $15 (Children 12 and under)
Fun Run: $10	Fun Run Day of Race: $15

*Police/Firefighters pay only for a tee shirt if they want one ($7) - please preregister for this rate

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters Race walkers, and Wheelchair participants. 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, 75-99

Shirts: To be guaranteed a shirt on race day, please register by April 10th.

Post-Race Party: Fantastic door prizes, a health fair, art show, line dancing, exceptional food and beverages from sponsors 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.

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

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

Phone: _____ **Date of Birth:** _____ **Event:** 5K Fun Run

Race Walker: Yes No **Wheelchair:** Yes No **Police/Fire:** Yes No **Shirt Size:** S M L XL XXL

Email Address: _____ **Additional Donation to MRSCC:** $_____

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 MRSCC Foundation, Inc. P.O. Box 91033, Mobile, AL, Little Red Hen Productions, Mobile Regional Senior Community Center, 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: **MRSCC Foundation Inc.**

Mail completed applications and fees to: **Little Red Hen Productions; Silver Classic; P.O. Box 6976; Mobile, AL 36660**