



PROVIDENCE UMC CATFISH CHASE 5K RUN/WALK PLUS 1-MILE FUN RUN

PROVIDENCE UNITED METHODIST CHURCH
32200 Jimmy Faulkner Drive, Spanish Fort, AL
Saturday, April 24, 2010 at 8:00 a.m.

Benefits: PUMC Relay for Life team

Course: An out-and-back 5K certified course that starts at Providence United Methodist Church and proceeds north on Jimmy Faulkner Drive. Map available at <http://www.providencemethodist.org/>

Post race: Food including pizza, fruit, beverages

Registration: Pre-register by mail (entries should be postmarked by April 16); entries may also be dropped off at the church weekdays between the hours of 9:30 a.m. – 12:30 p.m. Race day registration available at the church from 6:30 a.m. to 7:30 a.m. Registration will close 30 minutes before the start of the race to enable data input.

Entry fees: Pre-registered: \$18.00 Day of race: \$20.00 (everyone over 12 yrs)
(with t-shirt) \$12.00 (12 and under) (with t-shirt) \$15.00 (everyone 12 and under)

Pre-registered: \$15.00 Day of race: \$18.00 (everyone over 12 yrs)
NO SHIRT \$10.00 (12 and under) (NO SHIRT) \$ 8.00 (everyone 12 and under)

Fun Run: free to runners registered for 5K run/walk; all others \$7.00.

POLICE/FIREFIGHTERS/ACTIVE MILITARY: FREE – ONLY PAY FOR T-SHIRT IF WANTED

Awards: Top male and female in 5-year age groups. Top 3 male and female overall; top Male and Female Masters, Grandmasters, and Senior Grandmasters.

Shirts: PRE-REGISTERED runners will be guaranteed shirts on race day. Day of race registrants will receive shirts as long as supply lasts.

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 provided 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 or alert paramedics or race officials.

Last name: _____ First name: _____

Age: _____ Sex: _____ Address: _____

City, ST, zip: _____

T-Shirt: S M L XL No Shirt

I know that participating in 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 the 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 or MP-3 players 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 Providence United Methodist Church, Little Red Hen Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on April 24, 2010, 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 the age of 19 years)

Make checks payable to: Providence United Methodist Church (annotate: Catfish Chase)
Mail completed applications and fees to: Providence UMC, 32200 Jimmy Faulkner Drive, Spanish Fort, AL 36527