



Bras Across the “CAUSE”way

5K Run/Walk & 1-Mile Fun Run

Saturday ~ October 12, 2019 ~ 8:00 AM



Benefits Providence Hospital Breast Cancer Outreach Fund

Location Meaher State Park
5200 Battleship Pkwy, Spanish Fort, AL 36527

Distance Certified 5K (AL11009JD) course. Fun Run is approximately 1 Mile. Race and Fun Run will start and finish at Meaher State Park.

Registration Register by mail (entries should be postmarked by October 5th), online through Eventbrite until 4 AM on October 11th, or morning of by 7:30 AM at the event.

Entry Fees

	<u>Early Registration</u>	<u>Day of Race</u>
<u>Adults and Teens:</u>	\$20.00	\$25.00
<u>Youth (12 and under):</u>	\$15.00	\$20.00

*All fees include tee-shirt costs.
For a no shirt option, subtract \$3.00 from each registration*

Awards Top male and female Overall and top three male and female in age groups: 9 and under, 10– 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-99. Fun Run finishers will receive ribbons.

Shirts To guarantee a shirt on race day, you must submit your application seven days prior to run (Oct. 5, 2019).

Post-Race Party Beverages, music, awards
Shrimp Boil hosted by Ed's Seafood Shed



Packet pick-up and race day registration at Meaher State Park from 6:30 AM to 7:50 AM.



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

Address: _____ City & State: _____ Zip Code: _____

Date of Birth: _____ Phone: _____ Email: _____

Event: 5K Fun-Run Shirt Size: XL L M S YL YM No-Shirt

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 USS Alabama Battleship Memorial Park, Bras Across the CAUSEway, Bayside Insurance, 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: Bras Across the CAUSEway

Mail completed applications and fees to: Bras Across the CAUSEway; 80 Caisson Trace Spanish Fort, AL 36527



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