



Jackson Rotary Club

**"Run for Your Life"**  
**Heart Disease Awareness Month**  
**5K Run**  
**Saturday, February 15, 2014**

**COURSE:** The 5K is a flat course beginning on Rose Street and winding through surrounding neighborhoods.

**DATE & TIME:** Saturday, February 15, 2014. Registration begins at 7:30am; Race begins at 8:30am.

**DIRECTIONS:** **From North:** Hwy 43 south to Jackson, turn left at Hardee's, turn left onto Rose Street at First United Methodist Church.

**From South:** Hwy 43 north to Jackson, turn right onto Hwy 177 after McCorquodale bridge, turn right onto Rose Street at First United Methodist Church.

**RACE ENTRY FEE:**

\$20 (includes t-shirt) - \$10 Students 18 & under

\*Pre-registered runners will be guaranteed t-shirts on race day. Day of race registrants will receive t-shirts if supplies last.

**Early registration ensures t-shirt size!!** Pre & Post race refreshments provided.

**AWARDS:**

**1<sup>st</sup> place Overall (Male & Female) - \$50.00 & award**

**2<sup>nd</sup> place Overall (Male & Female) - \$25.00 & award**

**3<sup>rd</sup> place Overall (Male & Female) - \$15.00 & award**

Individual Male and Female 1<sup>st</sup> - 3<sup>rd</sup> place awards in each age division.

Age divisions: 1-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

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



**REGISTRATION FORM:**

Make checks payable to Jackson Rotary Club and mail along with entry form to: Jackson Rotary Club, PO Box 22; Jackson, AL 36545.  
For additional information, contact Kim Nelson (251-246-3000) or Bonnie Pope (251-246-2476)

**Shirt Size** (circle one): **S M L XL**

**Tombigbee Runner's Club Member** ☐ **YES** ☐ **NO** (Race Director only!! Race time to be submitted to TRC \_\_\_\_\_)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Member of Group \_\_\_\_\_ Sex: ☐ Male ☐ Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ Email: \_\_\_\_\_

Telephone \_\_\_\_\_

**Consent/Waiver:**

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 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, roller skates or blades, and radio headsets are not allowed in the race and I will abide by this guideline. 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 the Jackson Rotary Club and 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. Furthermore, I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion picture recordings, or any other record of this event for any purpose whatsoever.

Signature/Date: \_\_\_\_\_ (Parent/guardian must sign for applicants under 18)