

POWERSOUTH ENERGY

5K Resolution Run/Walk

January 11, 2014

9:00 AM

Andalusia (AL) City Hall

REGISTRATION FORM

Please fill out the following information below. (*Indicates required field)

Personal Information

DOB: ___/___/___	*Age (at time of race):
*Full name:	*Cancer Survivor (Circle One): Yes No
Home address:	*Gender:
Phone Number:	E-mail address:

**** ONLY PRE-REGISTRANTS WILL BE GUARANTEED A SHIRT ****

T- Shirt Size (Long Sleeved) – Adult Sizes (Circle One): S M L XL XXL

Youth Sizes – **ONLY for 12 and Under Age Division** – (Circle One) YS YM

Age Division (Circle One): 8-12 13-19 20-29 30-39 40-49 50-59 60 and up

Emergency and Medical Information

*In case of emergency, please contact (name and relation)	Name: _____	Relation: _____
*Emergency contact's phone	(_____) _____ - _____	

IMPORTANT:

I realize that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including cold and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. 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 PowerSouth, the City of Andalusia Police, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this PowerSouth 5K Resolution Run.

Signature
(of parent if under 18)

Date

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Course

The race begins at 9:00 a.m. Please report to the starting line at 8:45 a.m. The race will start and finish at the Andalusia City Hall, which is located at 505 East Three Notch Street in Andalusia, Alabama. This is a road course traversing the neighborhoods surrounding Andalusia High School. There are a few moderately steep hills along the course, and the race will be held RAIN or SHINE!!!!

Pre-Registration

Runners may pre-register by completing the Registration Form and mailing it, along with the applicable entry fee, to: PowerSouth Energy Cooperative, ATTN: Diane Howell, Post Office Box 550, Andalusia, Alabama 36420. Registration questions: (334) 427-3259 or (334) 427-3330.

Pre-registration will be accepted through **January 3, 2014**. Fees must be received with the entry forms. Forms and fees must be received by this date to guarantee your long –sleeve tee shirt. No phone entries will be accepted.

Entry Fees and Donations

The entry fees are as follows: \$25 for the registration for participants 13 years and older; \$20 for registration of children 8-12. All pre-registrants before January 3, 2014 will be guaranteed a long-sleeved tee shirt.

If you would like to make a donation to the cause in lieu of or in addition to participating in the 5K Walk/Run, please send that donation to or contact Lisa Veasey at (334) 427-3421 or by email to lisa.veasey@powersouth.com. All checks should be made payable to "PowerSouth". All fees or donations are non-refundable.

Race-Day Registration & Race Check-In

Late registration and race check-in will be from 7:30 – 8:30 a.m. at the Andalusia City Hall.

Race Awards & Prizes

Seventy-five dollar cash prizes and medals will be awarded to the overall male and female first place finishers. Twenty-five dollar cash prizes and medals will go to the first place male and female finisher in each age division. Post-race prizes along with the chance to win door prizes will be given and winners announced in the City Hall Auditorium.

Aid Stations

A water station will be located at the halfway point of the race. A first aid station will be located at the finish line.

ALL PROCEEDS WILL GO TO THE AMERICAN CANCER SOCIETY.

The 5K Resolution Run is sponsored by PowerSouth's Relay for Life Team.