

1st Annual 5k SYCAMO "RUN"

Oct. 5, 2013

(This event rain or shine)

18101 AL Hwy 21 Sycamore, AL 35149

Sycamore Elementary School Gym

Registration for latecomers begins @ 8:00 - 8:45 on day of event. Run starts @ 9:00 a.m.

Join us for the first annual 5k Sycamo "Run" that takes place on beautiful Short Road and Oakdale Rd. in Sycamore, AL. Fun, fast and flat. Proceeds will benefit the "Sycamore Community Action Committee" which pays for security lighting and the betterment of our community.

Not a runner? Walkers are welcome in this event.

Fees: \$20 per runner if you register by Sept. 27, 2013 and \$25 per runner after this date and on the day of the event.

T-shirts will be provided for the first 250 registrants. Sizes are guaranteed for those that register by Sept. 27, 2013. For those that register late, t-shirts will be provided until supplies run out.

Door prizes: Will be announced the day of the event.

Refreshments will be available in the school gym before and after the event. Water will be available at the half way point in the race.

Awards: There will a \$50 cash prize for the overall top male and female winners, \$30 for the second place male and female overall finishers and \$20 for the third place male and female overall finishers.

Medals: These will be awarded to the top three males and top three females in each of the following age groups. Age 9 and under, 10 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 69 and 70 - over.

Directions: Physical address is listed at top of form. Location is on Alabama Highway 21, between the cities of Talladega and Sylacauga at Sycamore Elementary Gym.

Course: Enjoy a beautiful and picturesque early autumn run on this fast and flat course.

Register on-line at: Active.com @ www.activecom/running/sycamorun

Or mail completed form to:

Sycamore Community Action Committee, P O Box 423 - Sycamore, AL 35149

Contact Connie Edwards @ (256) 404-6143 or email @ cjlucy53@aol.com or Marshall McGrady @ (245) 245-5887 (Sycamore Credit Union).

Name _____ Phone number _____

Address _____

Email Address _____

Age on date of event _____

Male _____ Female _____

T-Shirt size (Please circle): Youth: Small - Medium - Large. Adult: Small - Medium - Large - XL - 2XL.

Release: I know that running is a potentially hazardous activity & I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative ability to safely complete the run. I assume all risks associated with attending this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat/humidity, traffic and the conditions of the road, 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 the event organizers, land owners and successors of this event from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____

Date: _____