

FIREMEN'S 5K FOR MDA
Liberty Park

5K ROAD RACE ON **MAY 30, 2009 AT 8:00 A.M.** THE RACE IS SPONSORED BY THE VESTAVIA HILLS FIRE DEPARTMENT TO BENEFIT THE MUSCULAR DYSTROPHY ASSOCIATION.

Prizes: T-Shirts to the first 100 registrants. Awards for: Male and female Overall; Masters and Grand-Masters; Age-group awards for 1st, 2nd, and 3rd place in these categories: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-Up. Overall winners are not eligible for Age-group awards. Door prizes also will be drawn.

Entry Fee: \$15.00 in advance: **Day of Race is \$20.00*

Register By:

- A) **Active.com** online by May 29
- B) **By Mail**- Postmarked by May 21

Race Packet Pick-Up: The ***Trak Shak in Homewood*** on Friday, May 29, from 10:00 a.m. to 4:00 p.m.

Information: Contact Scott Phillips 205-529-5240

5K Course: Starts at the Liberty Park Elementary School and ends through tunnel at School start point.

OFFICIAL ENTRY FORM

NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: _____
AGE: _____ DATE OF BIRTH: _____ SEX: _____ T-SHIRT SIZE: S M L XL

Make Check Payable to: Firemen's 5K for MDA

Mail to: Firemen's 5K for MDA, C/O Scott Phillips 114 Wolf Drive, Odenville, Al. 35120

WAIVER AND RELEASE: PLEASE READ AND SIGN: I certify that I have entered the Firemen's 5K for MDA Road Race with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I, for myself, my heirs, devisees, executors, administrators and assigns, hereby waive and discharge any and all claims against the Muscular Dystrophy Association, the Vestavia Hills Fire Department, the City of Vestavia Hills, the Vestavia Hills Board of Education, the Birmingham Track Club, the Trak Shak, Liberty Park and Liberty Park School Elementary School, and all employees, owners, agents and representatives thereof, and all sponsors, contributors, volunteers and race workers, arising out of my participation in the Firemen's 5K for MDA Road Race. I further agree to abide by all decisions of the Vestavia Hills Fire Department regarding any rule or eligibility requirement. I hereby grant permission to all of the foregoing persons and entities to use photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

APPLICANT SIGNATURE DATE * SIGNATURE OF PARENT OR GUARDIAN
*(IF UNDER AGE 19)

