

Seeds' Classic Rock

5K & Fun Run




A Great Race Gets Better!
New course. . . State record possibilities . . .
Certified one-mile!

Saturday, March 6, 2010
5K start: 8 a.m.

Daphne City Hall
Fun Run start: 9 a.m.

Benefits SEEDS, Daphne's educational enrichment foundation, and SEEDS' 2010 Classroom Enrichment Grants

Produced by Peggy Olive (LRH Productions) & SEEDS

Both the certified 5K & 1-mile courses wind through Olde Towne Daphne on a mostly flat circuit and return to DAPHNE CITY HALL for live classic rock, good food and door prizes. Great children's activities following 5K. Bring your lawn chair and enjoy the fun!

Registration: Register by mail (entries should be postmarked by February 27), [online \(www.Active.com\)](http://www.Active.com) until midnight on **March 3**, or **in person** at McCoy's Outdoor in Mobile until noon on **March 4**
 Race day registration will be at Daphne City Hall (1705 Main Street) from 7-7:45 a.m.

Entry fees: 5K Pre-registered: **\$18** 5K Day of Race: **\$20** 5K No-shirt option: **\$15** 1-mile Fun Run: **\$10**

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, Race Walker.
 Top 3 male and female runners in these age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 34-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99.

Shirts: Classic Rock 5K race shirts guaranteed to all runners registered by February 17.
 After that date, registrants will receive shirts as long as supplies last.

Post Race: Live classic rock entertainment; grilled hamburger/hot dogs, soft beverages; great door prizes;
 Awards at 9:30 a.m. following certified 1-mile Fun Run (9 a.m. 1-mile start, also from Daphne City Hall)

Packet Pick-up: 5K race registration packets will be available for pick-up on Saturday morning, March 6, from 7- 7:45 a.m. at the Daphne City Hall located at

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

Last name _____ First name _____ Age _____ Sex _____

Address _____ City, State, Zip _____ Phone _____

Email address _____

Date of Birth _____ T-shirt size _____ S _____ M _____ L _____ XL _____ XXL _____ No Shirt 5K option

SIGN ME UP FOR 5K _____ Fun Run _____ An additional SEEDS donation of \$ _____? **TOTAL ENCLOSED:** _____

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 **SEEDS, LRH Productions, the City of Daphne**, 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 applicants under 19)

Make checks payable to SEEDS. Mail completed applications and fees to SEEDS, P. O. Box 460, Daphne, AL 36526