



Talladega, Alabama  
Saturday December 12, 2009

# Join us in the 1st Annual 5K Run/Walk at Shocco Springs!

## REGISTRATION BEGINS AUGUST 17, 2009

EARLY REGISTRATION: Adults \$12 and Kids \$8  
ON RACE DAY: Adults \$15 and Kids \$10

All entrants will receive a goody bag, water, and post race snacks.

Trophies/medals will be awarded to the top three finishers overall and male/female in each category.

### WILL BENEFIT SHOCCO SPRINGS CONFERENCE CENTER

Promoted by Brook Hills United Appeal Fund.

The first 100 adults and the first 50 kids will receive t-shirts.

Entrants will automatically be entered into a drawing for a \$100 GRAND PRIZE.

Overnight accommodations are available for an additional charge.

[www.shocco.org](http://www.shocco.org) or contact us at 256-299-0350

Name: \_\_\_\_\_

Birth: \_\_\_\_\_ Age:(on 12/12/2009)\_\_\_\_\_  Male  Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell #: \_\_\_\_\_ Home #: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact/Phone: \_\_\_\_\_

#### I PLAN TO PARTICIPATE IN THE FOLLOWING EVENT(S):

- Shocco Springs 5K  
Before December 11th: \$12 entry fee  
After December 11th: \$15 entry Fee
- Kids Fun Run 1K Run/Walk (Children 12 & under)  
Before December 11th: \$8 entry fee (kids)  
After : \$10 entry fee (kids)

#### MARK SHIRT SIZE (circle one):

Kids Sizes: YS YM YL

Adult Sizes: S M L XL XXL

#### ACCOMMODATIONS:

\$50 Per Room  
Number of rooms \_\_\_\_\_

### SCHEDULE OF EVENTS

7:00 a.m. - Race day registration

8:00 a.m. - Run/Walk begins

9:00 a.m. - Kids Run/Walk begins

10:00 a.m. - Awards Ceremony

### MAIL TO:

Shocco Springs Baptist Conference Center

P.O. Box 886

Talladega, AL 35161

Make Checks Payable to BHUAF

Or Register Online at [www.active.com](http://www.active.com)

WAIVER MUST BE DATED/SIGNED BELOW: I know 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 to my ability to safely complete the run. I assume all risk associated with running 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 road conditions, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I for myself and anyone entitled to act on my behalf, waive and release the City of Talladega, Shocco Springs Baptist Conference Center Inc., BHUAF, all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

DATE

SIGNATURE (Parent or Guardian Signature if under 18 years old)