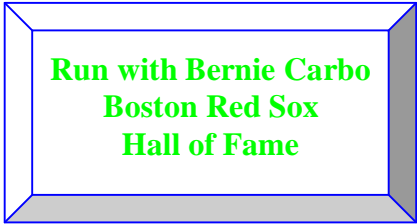




Knobbly Knee 5K and 1 Mile Fun Run October 4, 2008 8 AM



- Date and Time:** October 4, 2008 5K Race will start at 8 AM. Fun Run will start at approximately 9 AM.
- Location:** Race will start in front of Hutchens Elementary School on West Lake Road, Mobile, AL 36695
- Sponsored by:** BP, Lifeguard Ambulance, Mobile County Sheriff's Department
- Benefiting:** [Team Alabama \(Organ donors and recipients\)](#)
- Distance:** Certified 5K course. Fluids will be provided along the race course.
- Registration:** Pre-register by mail (entries should be postmarked by September 29, 2008), in person at McCoy's Outdoor until noon on October 2, 2008, or online (www.Active.com) until midnight October 2, 2008. **Race day registration from 6:30 - 7:30 AM.**
- Entry fees:** 5K Pre-registered Adults: \$15 5K Day of Race Adult: \$20
5K Pre-registered Children: \$10 5K Day of Race Children: \$10
(children 12 and younger) (children 12 and younger)
Fun Run: \$10 Fun Run: \$10
- Awards:** Special awards for finishers in the following categories: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, Racewalkers and Wheelchair. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99.
- Shirts:** To be guaranteed a t-shirt on race day, please register by October 2, 2008
- Post-Race Party:** Food and beverages provided after race. Registered participants, eligible for door prizes - must be present to win.

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: _____ Date of Birth: _____ Phone Number: _____

Address: _____ City, State & ZIP: _____

Category: Runner/Walker Racewalker T-Shirt Size: YS YM YL S M L XL XXL

Event: 5K Fun Run Wheelchair: Yes No Transplant Recipient: Yes No

(gift with each donation, while supplies last) Additional donation: \$ _____

Email address: _____ 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 the USA Transplant Support Group, Mobile County, Little Red Hen Productions, their employees, officers, and agents, 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 children under 19)

Group or team name: _____ (bring your own group of runners for the group award)

Make checks payable to: Team Alabama NKF
Mail application and fees to: Knobbly Knee 5K c/o Sharrie Cranford 3533 Knobbly Drive Mobile, Alabama 36695