

20th Annual
Joe Cain Classic
5K Run, 1 Mile, and Moon Pie Dash
February 14, 2010 - 8 a.m.

- Benefits:** Augusta Evans Challenged Athlete Program
Organized by: Bay Area Runners
Location: Broad Street and Canal Street in Mobile, AL
Course: Flat, fast, & ugly!!! 5K – USATF certification AL03036JD
Registration: Early registration - postmarked on or before 2/4/10- \$20.00
Late registration – postmarked after 2/4/10 or day of race - \$25.00
Children 10 and under - \$10.00
On-line registration – www.active.com through 2/11/10
Walk-in registration – McCoy Outdoor Co until noon 2/12/10
Day of race registration – At race site from 6:30 AM – 7:30 AM
Awards: Top 3 male and female Overall, 1st Male and Female Master, 1st Male and Female Grandmaster, 1st Male and Female Senior Grandmaster, Top 3 Clydesdales and Athena, Top 3 Male and Female Race Walkers. Overall wheelchair.
Age groups: Top three male and female in following divisions: 10 and under, 11-14, 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 and over.
Shirts: All pre-registered runners with applications postmarked by 2/4/10 are guaranteed a T-shirt. All applications postmarked after 2/4/10 and race day registrants receive T-shirts while they last. Moon Pie Dash participants must register only if they want a T-shirt.
Post-Race Party: All registered runners will be eligible for door prizes, food, refreshments, & festivities at post race block party. Must be present to win.

For more information contact: Jon Adams (251) 545-6437 or David Wilder (251) 605-7942

Last Name _____ First Name _____ Age _____ Sex _____
Address _____ City, State & ZIP _____
Phone Number _____ Date of Birth _____ Email address _____
T-Shirt Size: S M L XL XXL
Event: 5K 1-Mile MP Dash **Category:** Run Racewalk Wheelchair Athena Clydesdale

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 Bay Area Runners, Little Red Hen Productions 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 participants under 19)

Make checks payable to: **Bay Area Runner** Mail completed application and fees to: **Bay Area Runners Joe Cain Run PO Box 2161 Daphne, AL 36526**