

"but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will RUN and not grow weary, they will WALK and not be faint" Isaiah 40:31



The Sole2Soul Scoot *Goes Tropical* 5K & 1 Mile Fun Run

www.sole2soulsisters.com

Saturday – February 4, 2012 - 8:00 a.m.

- Benefits:** The Ransom Café 7485 Airport Blvd. Mobile AL 36608 Phone: 251-751-0044 www.ransomcafe.com
- Organized by:** Sole2Soul Sisters **Produced by:** Little Red Hen Productions
- Location:** Registration and post race activities at Battleship Memorial Park on the Causeway.
- Distance:** Out and back certified 5K (AL08020JD) course along the Causeway between Mobile and Spanish Fort. Fun Run within the boundaries of Battleship Park.
- Registration:** Register by mail (entries should be postmarked by **January 27, 2012**), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until noon on **February 2, 2012** or online (www.active.com) until midnight **February 2, 2012**. Race day registration at the Battleship from 7- 7:45 A.M.
- Packet Pick-up:** Friday, Feb 3, 2012 at The Ransom Café from 11AM - 8 PM, or day of race at the Battleship from 7-7:45 AM
- Pasta Dinner:** Pasta dinner at the Ransom Café from 5 -7 PM on Friday, Feb 3rd. Cost is \$5. Additional donations are accepted.
- Entry fees:** 5K Run/Walk Pre-registered: **\$20** 5K Run/Walk Day of Race: **\$25** One Mile Fun run: **\$15**
Stay In Bed Option (t-shirt, no running): **\$15**
- Awards:** *Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Walker. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. Fun Run: Ribbons for finishers under age 14
***Top male and female award for most tropical costume**
- Shirts:** 5K, Fun Run and Stay in Bed Participants must be registered by Jan 25, 2012 **AND** be one of the first 500 registered to be guaranteed a t-shirt.
- Post-Race Party:** Food and beverages will be provided after the race. Door prize drawings – Must be registered and 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:** _____ **FRN:** _____

Address: _____ **City, State & Zip:** _____ **Phone Number:** _____

Email: _____ **I am a:** Runner Walker **Pasta Dinner (add \$5)** _____

Event: 5K Fun Run Stay In Bed **T-Shirt Size: (Adult S M L XL XXL) (Youth S M L) Additional Donation to Ransom Café: \$** _____

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 USS ALABAMA Battleship Foundation, Inc., USS ALABAMA Battleship Memorial Park, LRH 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: Ransom Ministries, Inc

Mail completed applications and fees to: The Sole2Soul Scoot; LRH Productions; PO Box 6976; Mobile, AL 36660