

# R(un) for One Registration Form

Each participant (including children) must fill out a registration form.

**Saturday, August 22, 2015 | 8:00 a.m. | Veteran's Park** (4800 Valleydale Road)

The R(un) for One 5K and 1-mile Fun R(un) is an event for the whole family!

You will loop through the scenic Veteran's Park where you'll pass by ponds and through shaded woods. After the run you will enjoy great food, live music, and activities for children. The purpose of this event is to raise awareness and support for the fatherless through (un)adopted, a ministry of Lifeline Children's Services.

**Visit [runforone5k.org](http://runforone5k.org) to learn more or register online.**

Online registration closes Thursday, August 20 at 5:00 p.m.

## Registration Fees:

5K R(un): \$30 by August 21 / \$35 on race day

\*T-shirt & chip timing are included in your 5K registration fee

Fun R(un): \$10 by August 21 / \$15 on race day

\*T-shirt and timing are not included in Fun R(un)

Please mail payment, registration form, and waiver to:

(un)adopted  
2104 Rocky Ridge Road  
Birmingham, AL 35216

\*Cash or check is acceptable.

\* Please make checks payable to "(un)adopted"

\*To pay with credit card, register online at **[runforone5k.org](http://runforone5k.org)**

## Packet Pickup :

Packet Pick-up will be from 11am - 6pm Friday, August 21 at Trak Shak 280 located at:

4700 Highway 280 East, Suite 9 Birmingham, AL, 35242

You may also pick up your packet the morning of the race.

## Race Day Registration:

Although online registration will close Thursday, August 20 at 5:00 p.m., participants can still register on race day.

There is a price increase for race day registration and receiving a t-shirt is not guaranteed.

## Schedule of Events

**7:00 am** - Day of registration opens | **7:45 am** - Day of registration closes

**8:00 am** - R(un) for One begins | **8:45 am** - Kids Fun R(un) begins

**9:30 am** - Awards Ceremony

\*Awards will be given to the top three male and female overall winners, as well as the top three male and female winners in the following age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-60 & 60+

**Fundraising Teams:** Being part of a team allows you to have a greater impact on (un)adopted's ministry as you recruit others to join you in raising support through this event. **Visit [runforone5k.org/teams](http://runforone5k.org/teams) to learn more.**

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Which r(un) are you participating in (please check): ☐ **5K** ☐ **1 Mile Fun R(un)**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Gender: ☐ Male ☐ Female Birthdate (mm/dd/yyyy): \_\_\_\_\_

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

How did you hear about the R(un) for One? \_\_\_\_\_

What is your t-shirt size? (please check):

☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult XL ☐ Adult XXL

Please fill out if part of a team:

Team Name \_\_\_\_\_

## **(Un)Adopted R(un) for One - 5K/Kids Fun R(un) Waiver**

To be completed by each participant or parent of child participant (under age 19)

The r(un) for one involves running, an activity which may include risks such as, but not limited to, falls and injuries resulting from the effects of weather and conditions of the road and trail.

As a participant in the r(un) for one, I, for myself, my executor or administrator, heirs, devisees, successors and assigns hereby agree to release, indemnify, and hold harmless Lifeline Children's Services, Inc., the City of Hoover, The Public Park and Recreation Board of the City of Hoover and their management, officers, officials, board members, employees, members, sponsors, volunteers, organizers, representatives, agents and successors, and all cooperating businesses and organizations, from all losses, claims, demands, liabilities, or causes of action, known or unknown, arising out my participation or the participation of my child in the event. In no event shall Lifeline Children's Services, Inc., the City of Hoover, and/or The Public Park and Recreation Board of the City of Hoover be held liable, whether in contract or in tort, or any other legal theory, for any damages to me and/or my child arising therefrom.

Furthermore, I agree to indemnify Lifeline Children's Services, Inc., the City of Hoover and The Public Park and Recreation Board of the City of Hoover for all fines, fees and expenses incurred as a result of the breach of any contractual obligations related to, or arising from, the r(un) for one.

I attest and verify that I am, or my child (under 19) is medically able to participate in the r(un) for one and assume all risks of participation in this event. I understand that I may be photographed, filmed or videotaped at the event. I hereby irrevocably grant to Lifeline Children's Services, Inc. and its affiliates, licensees and collaborators the absolute right and permission to use my likeness and/or voice for any purpose whatsoever. I understand that bicycles, skate boards, baby joggers, roller skates or inline skates, animals and music devices of any type are not allowed in this event and I will abide by this rule.

I further state that I/we am/are physically fit and able to run in the r(un) for one and I/we have trained sufficiently for this event. I also give my full permission for such first aid as deemed necessary to be provided to me or my child on the premises or prior to transport to a hospital for further treatment. I agree to stop and request assistance if I experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions which would make it difficult or unsafe to continue.

I understand that any registration fee for either the 5k Race or the Kids Fun Run is a non-refundable gift to (un)adopted, a ministry of Lifeline Children's Services, Inc., in case of withdrawal on my part or cancellation due to inclement weather.

Name (Please print): \_\_\_\_\_

Date of Birth (MM/DD/YYYY): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_