

Saint Elias 3rd Annual Cedar Run 5K Run/Walk and Fun Run Registration Form

Saturday, April 9, 2016, 8:00 am

*Proceeds will benefit the SUKI (Spreading Unconditional Kindness Intentionally) Foundation, a local non-profit organization established to raise money and awareness for Rett Syndrome.
To learn more about the SUKI Foundation, go to www.sukifoundation.org.*

Schedule of Events

Friday, April 8th, 2015

10:00 AM – 7:00 PM On-site registration and packet pick up at St. Elias Maronite Catholic Church

Saturday, April 9th, 2015

6:30 – 7:45 AM Late registration and packet pick up at St. Elias Maronite Catholic Church
8:00 AM 5K Run/Walk
6:30 – 8:45 AM Late registration and packet pick up for the Fun Run at St. Elias Maronite Catholic Church
9:00 AM 1.5 Mile Fun Run
10:00 AM Awards Ceremony

Location

The race will begin and end at St. Elias Maronite Catholic Church, 836 Eighth Street South, Birmingham, AL 35205.

Entry Fees

- 5K Run/Walk - \$25 (through March 27th) \$30 (March 28th – April 7th) \$35 (April 8th – April 9th)
- 1.5 Mile Fun Run - \$18 (through March 27th) \$20 (March 28th – April 7th) \$22 (April 8th – April 9th)
- Team Registration for 5K Run/Walk only – \$20 (through March 19th) \$25 (March 20th – March 27th)
 - Team registration is available only through March 27th. Must register as an individual after March 27th
 - All team members must register on individual entry forms (or online for faster processing)
 - Team entry fees are per participant
 - To be considered a team, there must be 5 or more participants registered under your team name by March 27th, 2015
- Sleep In Registration - \$25 (through March 27th) \$30 (March 28th – April 7th) \$35 (April 8th-April 9th)
 - You will still receive a t-shirt with this registration option and may pick up your t-shirt at packet pickup
 - Sleep In Registration is only available as an Individual Registrant
- Online registration available at www.cedarrun5k.com through April 8th at 7:00 PM
- Entry fee is non-refundable and non-transferable. Race will occur rain or shine, warm or cold. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds, rather, your entry fee will be used as a donation to SUKI Foundation.

T-Shirts

T-shirts will be guaranteed to the first 250 registrants.

Awards

Individual awards will be given to the top 5K finishers in the following male and female age divisions:
10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Two team awards will be given:

Team Spirit Award (costumes, high energy, etc.)

Most Team Members (number of registered participants for the Cedar Run 5K)

Fun Run participants will each receive a finisher's award

Saint Elias Cedar 5K Run/Walk and Fun Run



Mail to: St. Elias Cedar Run, c/o Valerie Whitt, 327 Stone Brook Circle, Hoover, AL 35226
Make checks payable to: St. Elias Cedar Run

First Name: _____ Last Name: _____

Address: _____

Phone: _____ Email Address: _____

Date of Birth: _____ Age: _____ Male: _____ Female: _____

Cotton T-Shirt Size:

Youth Extra Small: _____ Youth Small: _____ Youth Medium: _____ Youth Large: _____

Adult Extra Small: _____ Adult Small: _____ Adult Medium: _____

Adult Large: _____ Adult X-Large: _____ Adult XX-Large: _____

Which race? 5K _____ or Fun Run _____ or Sleep In _____

Team Information, if applicable: Team Name _____

Team Captain _____

I am the Team Captain: Yes: _____ No: _____

Amount Paid: _____

Waiver must be read and signed before mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event 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 risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release St. Elias Maronite Catholic Church, City of Birmingham, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. All fees are nonrefundable. Sorry, no wheelchairs or pets allowed due to our insurance policy.

Signature: _____ Date: _____

Parent or Guardian if under age 18