



When: *Saturday, February 1, 2014
8:00 a.m.*

Where: *Veteran's Park
on Valleydale Road in Hoover*

Register: *www.shelby.younglife.org
where you can also find a
printable registration*

**T-SHIRTS, DRINKS, SNACKS,
AND SWAG BAGS PROVIDED!**

Young Life is a non-profit non-denominational Christian outreach to adolescents in the schools of our community. Your donation is tax-deductible. All 5K proceeds benefit Young Life North Shelby County. For further information, contact Loren Stiffler at 205-410-2851 or loren@rpnmag.com



*Scan Code to go
directly to registration*

Please make checks payable to **Young Life** and return to:
Young Life, P.O. Box 381744, Birmingham, AL 35238-1744
No refunds. No confirmation will be sent. Event will be held rain or shine.
Duplication of this form is encouraged ... Spread the word!

----- PLEASE DETACH FORM -----

Name _____ Male Female Age _____
(Please Print Legibly) Last First

Address _____
Street City State ZIP

Phone _____ Email _____

Shirt Size S M L XL

Questions? Contact:
Loren Stiffler, 205-410-2851

Entry Fee: Frostbite 5K Prior to Jan. 1: \$30 After Jan. 1 and Event Day: \$35

Entry Fee: Fun Run Prior to Jan. 1: \$20 After Jan. 1 and Event Day: \$25

PARTICIPANT WAIVER- YL FROSTBITE 5K AND FUNRUN

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and entitled to act on my behalf, waive and release Young Life, The City of Hoover, Hoover Parks and Recreations Board, all event sponsors, and any employee, volunteer, or officials of these organizations from any and all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I further certify that I have full knowledge of the risks involved in participating in this event and am I am physically fit and sufficiently trained to participate. If, however, as a result of my participation in the YL Frostbite 5K and Funrun, I require medical attention, I hereby give consent to authorize medical personnel to provide such medical care as deemed necessary.

Signature _____ Date _____

MUST BE SIGNED by runner, or by parent or guardian if participant was born on Jan 31, 1995 or later

Sponsor Opportunities are available for the Young Life Frostbite 5K & Fun Run!
www.shelby.younglife.org