



SOUTHSIDE HIGH SCHOOL BAND PRESENTS:

THE PANTHER PROWL 5K RUN/WALK



Race Date: **SATURDAY, MARCH 9, 2019**

Registration Time: **1:00 pm**

Race Start: **2:00 pm**

Location: Southside High School

Begin at the Competition Gym across from football field

End at the 50 yard line of football field

Entry Fees:

\$25.00 (t-shirt deadline is 3-1-19)

\$20.00 student price up to age 19

Cash or check payable to: The Pride Music Association

Memo Line: Panther Prowl 5K

Mail to: 3331 Rainbow Drive, Suite E, PMB 111

Rainbow City, AL 35906

Please come out and run/walk and support the Southside High School Band, **THE PRIDE OF SOUTHSIDE.**

Please circle t-shirt size: Adult small Adult medium Adult large Adult extra large Adult 2X large

Youth small Youth medium Youth large Youth extra large Youth 2X large

Shirts guaranteed for those who register early by **March 1, 2019**

I am not able to participate but would like to donate. Total: \$_____

I am not able to participate in the run but will help (VOLUNTEER) with the run: _____

(Please fill out name and contact information only) **THANK YOU!**

AGE GROUPS: 10 and under 11-14 years 15-19 years 20-24 years 25-29 years 30-34 years

35-39 years 40-44 years 45-49 years 50-54 years 55-59 years 60-64 years

65-69 years 70 plus Masters (40-49 years) GrandMasters (50-59 years)

Medals given for Overall Top 3 men and women; each age group; male and female Masters and GrandMasters.

Official Entry Form -

Name _____ Gender (circle one): M F

Date of Birth _____ Age (on date of race) _____

Address _____ Phone _____ Email _____

This release must be signed by each participant or the parent/guardian of each participant. I know that running a race is a potentially hazardous activity. I should not enter and run the Panther Prowl 5K unless I am medically able. Failure to abide by any decision of a race official relative to my ability to safely complete the run, I assume all responsibilities and acts associated with running the event, including but not limited to falls, contact with other participants and the effects of weather including high heat and/or humidity. All such risks are known and appreciated by me. Having read this waiver and knowing the risks and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Southside High School, the City of Southside, The Pride Music Association, all volunteers, sponsors, together with their employees, contractors, subcontractors, directors, officers, agents, attorneys, representatives, and successors from all claims of liabilities of any kind and characteristic from my participation in this event.

I HEREBY AFFIRM THAT I AM 18 YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENT.

PRINT NAME _____ SIGNATURE OF PARTICIPANT _____ DATE _____

(Under 18 years of age)

I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE AGREEMENT, WHICH SHALL BIND ME, MY CHILD, OUR PERSONAL REPRESENTATIVES, HEIRS AND ASSIGNS. I HEREBY PROMISE NOT TO SUE AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS THE RELEASE FROM EVERY CLAIM AND ANY LIABILITY THAT I OR MY CHILD MAY ALLEDGE AGAINST THE RELEASE, including attorney fees, as a direct or indirect result of injury to me or my child, or my child's property, resulting in my child's death, because of any child's participation in the event or staging, whether caused by the negligence of the releaser or otherwise. **For persons under 18 years of age, a parent or legal guardian must sign the waiver and release.**

PARENT/GUARDIAN SIGNATURE _____ RELATIONSHIP _____ DATE _____

ALL PROCEEDS BENEFIT THE SOUTHSIDE HIGH SCHOOL BAND