

# Alexandria 5K Glow Run/Walk



August 12th, 2023

7:45 PM

**Begin and End at Alexandria High School  
Fundraiser for Alexandria High School Volleyball Program**

Please join us for our 9th annual Glow Run/Walk.

Registration info: Registration is \$25. You can register all the way up to race day. First 150 registered are guaranteed a T-shirt.

Contact Person(s): Whitney Welch Email: wwelch.ah@ccboe.us (256)310-2981  
Kelli Johnson Email: kjohnson.ah@ccboe.us

PLEASE COMPLETE THE FOLLOWING APPLICATION AND MAIL IT WITH YOUR  
**CHECK PAYABLE TO: Alexandria High School P.O. Box 180 Alexandria, AL 36250. (Please include your DL #)**

- **Or you may turn it into any volleyball player or the contact names above at Alexandria High School during normal business hours.**

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FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ Zip \_\_\_\_\_  
DATE OF BIRTH mm/dd/yy \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
SEX (CIRCLE ONE) M F  
SHIRT SIZE (CIRCLE ONE) YS YM S M L XL XXL (add \$2)

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I know that running [volunteering for] a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health. 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 in this event, including but not limited to: COVID-19 exposure, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road [insert any specific risks here, e.g. "the alligators who bask in the sun at the corner of 4th and Sunset St. . ."], all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the \_\_\_\_\_ [Name of event], the city of \_\_\_\_\_, and 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** (parent or guardian required if under 18) \_\_\_\_\_  
**Date** \_\_\_\_\_