

SFEFF AND SFHS CROSS COUNTRY TEAM PRESENTS



HAULIN' HOOVES RUN
5K RUN AND 1-MILE WALK/FUN RUN

When: Saturday, November 21, 2009

Event and time: 5k Run at 8:00 a.m. 1-Mile Fun Run at 9:00 a.m.

Where: Spanish Fort Town Center. Check-in begins at 7:00 a.m., near the Kangarooz Family Fun Center behind the Bass Pro Shop

Benefit: Spanish Fort Education Enrichment Foundation and Spanish Fort High School Cross Country Team.

Early Registration: \$12.00 (Must be received at any Spanish Fort School or mailed to SEEF, P.O. Box 7938, Spanish Fort, AL 36577 no later than Friday Nov. 6, 2009.)

Late Registration: \$15.00 (November 7 –November 21, you are not guaranteed a t-shirt after November 7.)

Tee Shirts: All pre-registered runners will be given t-shirts, late registrants will receive t-shirt as long as they remain available.

Course: Spanish Fort Town, Spanish Fort, AL

Awards: 5K male and female overall winner, 5k age group winners /place 1-3, 1-Mile Fun Run male and female overall winners.

Age Groups: Runners 5k male and female in following age divisions: 7 and under, 8-9 10-12, 13-14, 15-18, 19-24, 25-29, 30-39, 40-49, 50-60, 60 and older.

Other Information: The **Mobile Roller Derby**, disguised as bulls, will be let out on the streets so runners beware!!!!!!!!!!!!

Post Race: All registered runners will be eligible for refreshments following the race.

For additional information please contact Shelby Stevens at 621-7183 or Sandra Bostrom at 928-8543. Please make checks payable to **SFEFF**. Forms may be returned to any Spanish Fort School, ESC Mall Office, or mailed to P.O Box 7938, Spanish Fort, AL 36577. **One form per person.**

Last Name _____ First Name _____ Teacher's name _____

Address _____ School Name _____

City/State/Zip Code _____ Phone() _____ - _____

E-mail address _____

Age _____ Date of Birth ____/____/____ Gender _____

Shirt size: Youth S M L / Adult S M L XL

() 5K Run () 1-Mile Fun Run

Waiver/Release: I hereby certify the following; (1) I am physically fit and have received a medical clearance to participate in the Haulin' Hooves Run; (2) In consideration for my application to participate in the Haulin' Hooves run being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge sponsors/ contributors, organizers, affiliates as well as their agents and employees from any and all claims that may accrue as a result of my participation.

Participant signature: _____ (parent or guardian if under 18)