



**Shades Crest Baptist Church presents
The 18th Annual- High Country 5K Run/Walk
1 Mile Fun Run**

Saturday, April 06, 2019 - 8:00 AM

SCHEDULE OF EVENTS

Friday, April 5, 2019

4:00 PM - 8:00 PM Pre-registration packet pick up in the Shades Crest Fellowship Hall

6:00 PM - Free Pasta Dinner in the Fellowship Hall for entrants and their families

Saturday, April 6, 2019

6:30 - 7:45 AM - Late registration and packet pick up in the Family Life Center

8:00 AM - 5K Run/Walk

9:00 AM - 1 Mile Fun Run

After Run - Free Pancake Breakfast (for entrants, their families and friends)

9:15 AM (approximate time) - Awards Ceremony

ENTRY FEES

- 5K Run: **\$10.00 - Student Price (good all dates for STUDENTS ONLY with valid ID).**
\$30.00 - Registration received or postmarked by Thursday, March 21, 2019
\$35.00 - Registration received March 22, 2019 - Friday, April 5, 2019
\$40.00 - Race Day: Saturday, April 6, 2019
- Family Max (not available through active.com) - **\$50.00** (only available thru March 22, 2019)
- **1 Mile Fun Run - Free**
- Rain or Shine: No refunds

T-SHIRTS

An official High Country 5K t-shirt will be guaranteed only to the first 300 registered runners in the 5K run.

RACE FEATURES

- Chip Timing
- Time splits given at each mile
- Refreshments at start and finish
- Course monitored by Hoover Police Department
- Trak Shack Managed, RRCA Sanctioned & USATF Certified Course
- Certification Code #AL03006JD



LOCATION

The race will begin at Shades Crest Baptist Church, 452 Park Avenue in Hoover (Bluff Park). For more information, call us at 822-1750 or check out our web site at www.shadescrest.org.



Follow us on Facebook at <https://www.facebook.com/ShadesCrestBaptist>

INDIVIDUAL AGE DIVISIONS—COURSE RECORD HOLDERS

Course Records

5K Run - Male and Female Age Divisions

10 & under: 11 - 14: 15 - 19: 20 - 24: 25 - 29: 30 - 34:
35 - 39: 40 - 44: 45 - 49: 50 - 54: 55 - 59: 60 - 64: 65 & Up

Top Male
Jeremy Moujoodi - 15:43.8 (2013)
Top Female
Johanna Siemon - 18:42.1 (2004)

We would like to thank our sponsors and volunteers - without whom we would not be able to put on this race. Please visit our sponsors and thank them for their participation. Follow Shades Crest Baptist Church on:



To Enter High Country 5K Run, please fill in the information below and mail as indicated. Please use a separate form for each entrant. You may also register online @ Active.com through 4/1/19.

Male Female Age as of 4/6/2019 _____ D.O.B. ____ / ____ / ____

Last Name _____ First Name _____ M.I. _____

Address _____ City _____ State _____ Zip _____

Phone: Work _____ Home _____ Email _____

Circle T-Shirt size (All shirts except Youth Medium are adult sizes) Youth M Small Medium Large X-Large XX-Large

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If you are running as part of an Elementary School Team or an Elementary Staff Team in the High Country 5K Challenge, please write the name of your school and your current grade level below:

Institution of Higher Learning or Name of School _____ Grade Level or Year _____

Make checks payable to Shades Crest Baptist Church. No charge if Complimentary Form
Mail to: High Country 5K, 452 Park Avenue, Hoover, AL 35226.
Mail-in registration forms must be postmarked no later than March 29, 2019.

In consideration of the acceptance of this registration entry, I, the undersigned on behalf of myself and/or the minor participant, hereby assume all of the risks of participating in this event and assume full responsibility for any injury and/or accident which may occur during my/the minor participant's participation in this event or while I/the minor participant am/is on the premises of this event. I, on behalf of myself and/or the minor participant, hereby release, indemnify and agree to hold harmless Shades Crest Baptist Church, the City of Hoover, the Trak Shack, and each of their officers, directors, officials, agents, representatives and employees as well as any other sponsors, personnel, promoters, volunteers, persons, or entities involved in and/or associated with this event (the "Released Parties") from and against any and all actions, suits, claims, damages, and liability of any kind whatsoever and all costs thereof (including, but not limited to, attorney's fees and litigation costs) (the "Released Claims") arising out of, or in any way in connection with, this event, including but not limited to, Released Claims related to personal injury, disability, death, property damage, and property theft, even if the Released Claims were caused by the negligence of the Released Parties or any other person. Further, I hereby agree to grant full permission to any and all of the Released Parties to use any photographs, video, and/or recordings, of me and/or the minor participant during this event for any legitimate purpose without further authorization or compensation.

Entrant's Signature _____ Date _____

Parent/Guardian Signature if entrant is under 18 _____ Date _____

Do you plan to attend the **FREE PASTA DINNER** on Friday, April 5 at 6:00 PM? If yes, how many will attend _____

Do you plan to attend the **FREE PANCAKE BREAKFAST** after the run? If yes, how many will attend _____