

# St. Elias 6th Annual Cedar Run 5K Run/Walk and Cedar Shake Fun Run - Registration Form Saturday, April 14, 2018

*Proceeds will benefit the Exceptional Foundation, a local non-profit organization established to serve mentally and physically challenged individuals in the Greater Birmingham area.*

*To learn more about the Exceptional Foundation, go to [www.exceptionalfoundation.org](http://www.exceptionalfoundation.org).*

## Schedule of Events

### Friday, April 13, 2018

10:00 AM – 7:00 PM On-site registration and packet pick up at St. Elias Maronite Catholic Church

### Saturday, April 14, 2017

6:30 – 7:45 AM Late registration and packet pick up at St. Elias Maronite Catholic Church

8:00 AM 5K Run/Walk

6:30 – 8:45 AM Late registration and packet pick up for the Fun Run at St. Elias Maronite Catholic Church

9:00 AM One Mile Cedar Shake Fun Run

10:00 AM Awards Ceremony

## Location

The race will begin and end at St. Elias Maronite Catholic Church, 836 Eighth Street South, Birmingham, AL 35205.

## Entry Fees

- Individual 5K Run/Walk - \$25 (through April 1) \$30 (April 2 – April 12) \$40 (April 13 – April 14)
- One Mile Fun Run - \$18 (through April 1) \$20 (April 2 – April 12) \$30 (April 13 – April 14)
- Team Registration for 5K Run/Walk only – \$20 (through March 24) \$25 (March 25 – April 1)
  - Team registration at a discounted rate is available only through March 24. No Race day Team Registration.
  - All team members must register on individual entry forms (or online for faster processing)
  - Team entry fees are per participant
  - To be considered a team, there must be 5 or more participants registered under your team name by race start on Saturday, April 14, 2017
- Sleep In Registration - \$25 (through April 1) \$30 (April 2 – April 12) \$40 (April 13-April 14)
  - You will still receive a t-shirt with this registration option and may pick up your t-shirt at packet pickup
  - Sleep In Registration is only available as an Individual Registrant
- Online registration available at [www.cedarrun5k.com](http://www.cedarrun5k.com) through April 12 at 6:00 PM
- Entry fee is non-refundable and non-transferable. Race will occur rain or shine, warm or cold. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds; rather, your entry fee will be used as a donation to the Exceptional Foundation.

T-shirt, \$4 coupon to the St. Elias Lebanese Food and Cultural Festival and the best goodie bag in town guaranteed to the first 200 registrants!

## Awards

Individual awards will be given to the overall male and female 5k winners and to the top three 5k finishers in the following male and female age divisions:

10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

*Overall winners will not be eligible for age group awards.*

Two team awards will be given:

Most Team Members Award (number of registered participants for the Cedar Run 5K)

*NEW FOR 2018:* Fastest Team Award (Based on total time for first 5 registered team members to cross the finish line for the Cedar Run 5K. Teams may be comprised of more than 5 registered participants.)

Fun Run participants will each receive a finisher's award

# St. Elias Cedar 5K Run/Walk and Cedar Shake Fun Run



Mail to: St. Elias Cedar Run, c/o Valerie Whitt, 327 Stone Brook Circle, Hoover, AL 35226  
Make checks payable to: St. Elias Cedar Run

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

## Cotton T-Shirt Size:

Youth Extra Small: \_\_\_\_\_ Youth Small: \_\_\_\_\_ Youth Medium: \_\_\_\_\_ Youth Large: \_\_\_\_\_

Adult Small: \_\_\_\_\_ Adult Medium: \_\_\_\_\_ Adult Large: \_\_\_\_\_ Adult X-Large: \_\_\_\_\_ Adult XX-Large: \_\_\_\_\_

Which race? 5K \_\_\_\_\_ or Fun Run \_\_\_\_\_ or Sleep In \_\_\_\_\_

Team Information, if applicable: Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

I am the Team Captain: Yes: \_\_\_\_\_ No: \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Waiver must be read and signed before mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release St. Elias Maronite Catholic Church, City of Birmingham, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. All fees are nonrefundable. Sorry, no wheelchairs or pets allowed due to our insurance policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian if under age 18