

Backpack Buddy Run

5K Run/Walk 8:00 am

Fun Run 9:00 am

Saturday September 21, 2019

Veterans Park 7305 Hwy 119 Alabaster, AL 35007

Entry Fees: 5K Race: \$30 pre-registration until August 31
\$35 pre-registration until September 20
\$40 Day of race registration

Fun Run \$15 pre-registration until August 31
\$20 pre-registration until September 20
\$25 Day of race registration

Team Registration: At least 10 members, Each member receives a \$5 discount
Choose Run, Walk or Snooze (no race day registration for teams)

Snooze for Food: \$30 pre-registration until August 31
\$35 pre-registration until September 20

Packet Pick-up: Friday 12-6 pm VFS, 2834 H Pelham Parkway, Pelham, AL 35124
Race Day 6:30-7:45 am (5K) or 6:30 – 8:45 am (Fun Run) at Veterans Park

Course: 5K course in Veterans Park in Alabaster

Awards: Top 3 M/F, Top Masters M/F, Top 3 Age group winners M/F 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Teams: Top 3 largest Teams

Amenities: Custom T-Shirts (size not guaranteed if registered on day of race) Chip timing, door prizes

Name _____ Tel.# _____
Age: (Day of Race) _____ Date of Birth _____ M/F _____
T- Shirt Size: Adult S M L XL XXL , Youth M _____
E-mail _____
Address: _____
City/State _____ Zip _____
Team: _____
Emergency Contact: _____

Signature (Parent or Guardian if under 18)



Make Checks payable to :
Vineyard Family Services
PO Box 2458
Alabaster, AL 35007

Register Online
<https://runsignup.com/Race/AL/Alabaster/BackpackBuddyRun5K>

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Vineyard Family Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

For more information go to VFSdads.com or contact Lori Coward lcoward1965@gmail.com

Because Hunger Doesn't Take a Break on the Weekends