



Panther Pride 5K Run/Walk

Murphy High School

Saturday ~ March 11, 2023 ~ 8:30 AM

Benefits: Murphy High School

Organized by: Murphy High School PTSA

Location: Murphy High School; 100 South Carlen Street, Mobile, AL 36606

Distance: Certified 5K course (AL17001JE) through the neighborhoods surrounding Murphy High.

Registration: Register by mail (entries should be postmarked by March 2), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on the March 7 or online at <https://pantherpride5k2023.eventbrite.com> until 4 AM March 10. Race day registration and packet pick-up at the Murphy "Horseshoe" from 7:30 – 8:15 AM.

Entry fees: Pre-registered

Children: \$20

Adult: \$25

Murphy Students: \$20

Day of Race

Children: \$25

Adult: \$30

Murphy Students: \$25

Stay in Bed (no running, but get a shirt): \$20 (Shirts may be mailed for an additional \$9)

*Entry fee includes race shirt. Upgrade to tech fabric, add \$5. No shirt option, subtract \$3

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99. *Winners must pick up their awards on race day.

Special Awards: \$300 to the Murphy High School student organization, club, or team with the most participants (students, parents, grandparents, friends, faculty, etc.) – must be pre-registered and have at least 20 participants on race day. Be sure to fill in your team on the form below – We will not add to or change team rosters for teams!!

Shirts: Registered runners will receive a long-sleeved cotton race shirt; upgrade to moisture management fabric for an additional \$5. **To guarantee a shirt on race day, you must submit your application and fees by February 20; shirts will not be reordered after the race.**

Last Name _____ First Name _____ Age _____ Sex _____

Address _____ City, State & ZIP _____

Date of Birth _____ Phone _____ Email _____

Event: 5K Stay in Bed Fun Run **Style:** Runner/Walker Race Walker (no running during race)

Murphy Students: Team: _____ Grade: _____ Homeroom: _____

T-Shirt: Cotton Tech (add \$5) Size: YS YM YL S M L XL 2XL(+\$2) 3XL(+\$3) 4XL(+4) No Shirt (- \$3)

Optional Donation to Murphy PTSA: \$ _____ Stay in Bed Packet: I will pick-up Please mail (+\$9)

In consideration of Murphy High School, Murphy PTSA, Margaret Olive (LRH Productions), their sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns organizing and conducting the Panther Pride 5K, and allowing me to participate and run in said race/events, I hereby waive, release and discharge forever said the Murphy High School, Murphy PTSA, LRH, their sponsors, agents, servants, representatives, licensees, contractors, successors, and assigns from any and all claims, demands, rights and causes of action whatsoever kind and nature arising directly or indirectly, from any and all known or unknown, foreseen or unforeseen, bodily or personal injury, damage to property and the consequences thereof resulting from my running and/or participating in said Panther Pride 5K run and covenant not to sue for any said injuries and/or damage. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race/event. I understand that no strollers, roller skates, headphones, inline skates, dogs, or bicycles will be allowed on the course. Further I grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording or any other record of this event for any purpose whatsoever. I have read the above release and understand that I am entering the Panther Pride 5K run at my own risk.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: **Murphy PTSA** [Returned checks will be subject to a processing fee]

Mail completed applications and fees to: **Panther Pride; Murphy High School PTSA; PO Box 16872; Mobile, AL 36616**

For more information, contact Ms. Napier at panther5krun@yahoo.com