



MHS Panther Pride 5K Run/Walk Panther Prowl Fun Run Saturday ~ May 4, 2024 ~ 11:00 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 must be postmarked by April 23), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile until noon on April 29, or online at <https://PP5KRUN2024.eventbrite.com> until 4 AM May 3. Race day registration and packet pick-up at the Murphy "Horseshoe" from 9:30 – 10:30 AM.

Entry fees:	Early Registration thru 4/8	Pre-registered (4/9-5/3)	Day of Race (5/4)
	Children (12 and under): \$18	Children: \$21	Children: \$26
	Adult (13 and over): \$23	Adult: \$26	Adult: \$31
	Current Murphy Students: \$18	Current Murphy Students: \$21	Current Murphy Students: \$26
	Stay in Bed/Virtual (no running or do your run virtually but get a shirt): \$20; \$25 after 4/12.		
	*Entry fee includes race shirt. No shirt option, subtract \$3.		

Packet Pick-up: You may opt to pick up your race packet in person or have your packet mailed to you. If you want your packet mailed, please be sure to order a postage ticket.

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.

Team Award: \$200 to the Murphy High School student organization, club, or team with the most participants (students, parents, grandparents, friends, faculty, etc.), must be registered and have at least 15 participants on race day. They will also be awarded the Panther Pride Spirit trophy for the year! 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 race shirt. **To guarantee a shirt, you must submit your application and fees no later than April 18 by 10:00 PM.** Registered runners will receive a race shirt. To guarantee a shirt on race day, you must submit your application and fees by the April 18 deadline. Shirts will not be reordered after the race. **NO REFUNDS**

Last Name _____ **First Name** _____ **Age** _____ **Sex** _____

Address _____ **City, State & ZIP** _____

Date of Birth _____ **Phone** _____ **Email** _____

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

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

T-Shirt: Soft Style Cotton **Size:** YS YM YL S M L XL 2XL (+\$2) 3XL (+\$4) No Shirt (- \$3)

Optional Donation: \$ _____ Packet: I will pick up Please mail (+\$9)

In consideration of Murphy High School, Murphy PTSA, Little Red Hen Productions (LRH), 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 all claims, demands, rights, and causes of action whatsoever kind and nature arising directly or indirectly, from 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 all the foregoing to use any photographs, videotapes, motion pictures, recordings, 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 16653; Mobile, AL 36616** For more information, contact Murphy PTSA at panther5krun@yahoo.com