

**ENTRY FORM**

Please PRINT in black or blue ink.  
Fill out the form completely. Entry will not be accepted without entry fee and signed waiver.

Last Name

First Name

Street Address or PO Box

City

State

Zip Code

(Area Code)

Home Phone

E-Mail Address

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Date of Birth

mm dd yyyy

Male Female

Age (on race day)

Shirt Size: S M L XL

Circle Event:

5K/10K Run 5K Walk 1 Mile Fun Run

**WAIVER OF LIABILITY AGREEMENT**

"Release Form: I know that running a road race is a potentially hazardous activity. I should not enter and participate 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 Sweetheart Run, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the LA Fleet Feet Running Club, The Hangout, City of Gulf Shores, Alabama Gulf Coast Convention and Visitors Bureau, and any and all sponsors of the Sweetheart Run, their representative and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose."

**PROCEEDS BENEFIT:**

The Association of Retarded Citizens  
of Baldwin County  
The Gulf Coast Arts Council  
Boy Scout Troop 49  
Foley High School Track Team  
Gulf Shores High School Track Team

**THANK YOU 2008 SPONSORS:**

**WAL\*MART**  
Results Fitness of Gulf Shores  
Columbia Southern University  
Brent Burns  
Brett/Robinson  
Compass Marketing, INC  
Cosmo's Restaurant & Bar  
DeSoto's  
Edward Jones – Jason Kozon  
ERA Realty – Frank Malone  
First Gulf Bank  
Flora Bama  
Foley Alternative Health Center  
Foley Imaging Center  
Gulf Shores Pharmacy  
Harris Construction & Development  
Harrison Building & Investments, INC  
John McCabe  
Marion Kowalski  
Mikee's Seafood Restaurant  
Orange Beach Family Pharmacy  
Original Oyster House  
Papa Rocco's  
Quality Construction, INC  
Riviera Utilities  
ReMax of Foley  
Sun Harbor Water Sports  
The Mullet Wrapper  
The Print Shop  
Thomas Bealle & Associates, INC  
Vision Bank  
Wachovia Bank  
Wayne T. Martin / Ladd Luce Family Dentistry

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

(Parent or guardian must also sign if under 18 years)

**Make checks payable to:**

**L.A. Fleet Feet / Sweetheart Run**  
**P.O. Box 3584 • Orange Beach, AL 36561**

L.A. FLEET FEET RUN CLUB PRESENTS

THE 2009  
8th Annual  
SWEETHEART 5K/10K  
RUN / WALK



101 EAST BEACH BLVD.  
GULF SHORES, ALABAMA  
AT



SATURDAY, FEBRUARY 14, 2009

9:00 a.m.



- Long sleeve T-shirts to first 500 registrants on race day
- Awards 3-deep
- Refreshments and social activities
- Great post-race party with live music!

#### USATF Certification Course

#### COURSE:

Come and join us for a fun filled morning at the Hangout on the beach. Our new courses (5K and 10K) run along the Lagoon heading out and return along the beautiful Gulf of Mexico to the Hangout. We will enjoy good food, beverages and entertainment! Award ceremony and door prizes at the Hangout.

The Alabama Gulf Coast Convention and Visitors Bureau has special package rates available for those wanting to stay the weekend. Call toll free 1.800.982.8562 for reservations.

#### AWARDS:

Awards will be given for overall 5K/10K male, overall female, overall wheelchair, master male, master female, grand-master male, grand-master female, senior grand-master male and senior grand-master female - three deep in each age group.

#### AGE GROUPS 5K/10K RUN AND 5K RACE/WALK:

5K/10K RUN

Male and Female

10 and under, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, over 75.

#### RACE/WALK 5K ONLY MALE AND FEMALE:

45 and under, 46 and over

#### 1-Mile FUN RUN:

All finishers will receive a special award.

#### AWARDS PRESENTATION:

11:00 a.m.

#### REGISTRATION: NON-REFUNDABLE

\$20.00 if postmarked by February 7, 2009.

\$25.00 if postmarked after February 7, 2009.

L.A. Fleet Feet / Sweetheart Run

P.O. Box 3584 Orange Beach, AL 36561

#### LATE REGISTRATION: NON-REFUNDABLE

\$25.00 Friday, February 13, 2009, from

5:00 - 7:00 p.m. at **The Hangout**.

\$30.00 Race Day 7:00 - 8:30 a.m.

#### PACKET PICK-UP: 101 East Beach Blvd.

Friday, February 13 from 4:00 p.m. to 7:00

p.m. and on race day from 7:00 a.m. to 8:30

a.m. at **The Hangout**.

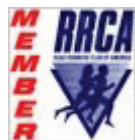
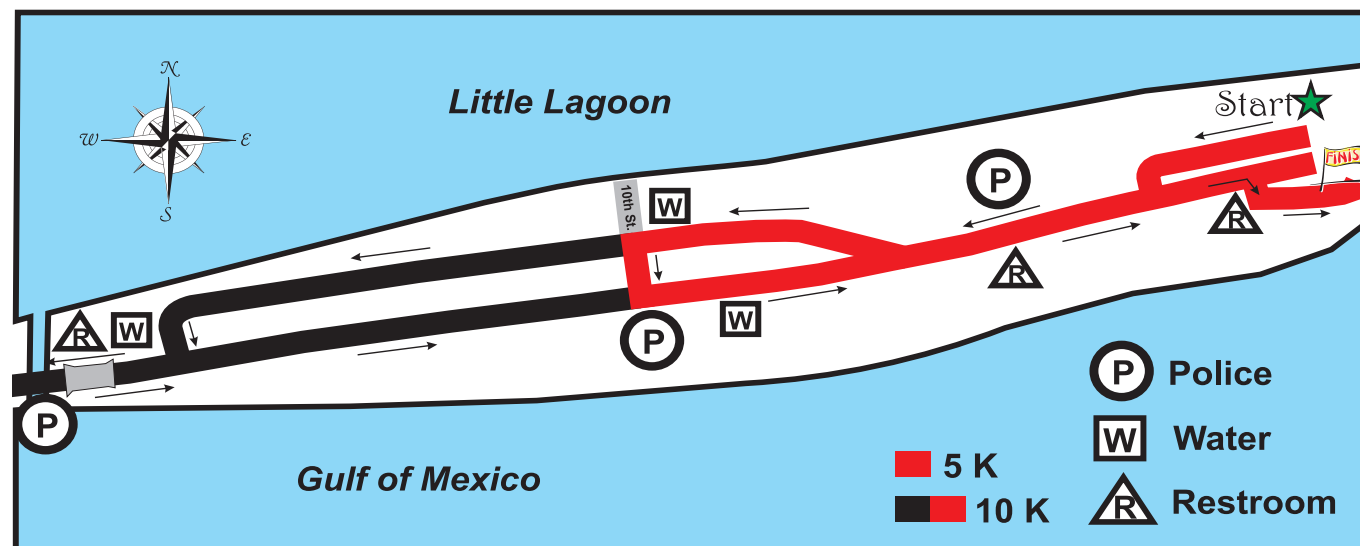
#### JOIN THE PARTY!

Post race party Saturday from 10:00 a.m.

- until. Live Entertainment! Bring your race

number for special prizes! Food and beverages

provided by:



#### QUESTIONS?

Call Billy at 251-968-5611

Bruce at 251-968-2055

Richard at 251-971-1030

or email [sweetheartrun@aol.com](mailto:sweetheartrun@aol.com)