

The Trussville Area Chamber of Commerce

MAPLE LEAF 5K /Doggie Dash

Presented by: The Trak Shak

October 26, 2019

8:00am (5K, Doggie Dash, Fun Walk)

Near the tennis courts at 225 Parkway Drive



Awards will be given to the top 3 overall male and female runners for the 5K and the top 3 dog finishers in the Doggie Dash. The first 300 people who register will receive a race t-shirt. Those who register the morning of the race are not guaranteed a shirt. pick-up will be at the **TRUSSVILLE AREA CHAMBER OF COMMERCE OFFICE at 400 Main Street, Trussville, AL 35173 on Friday, October 25, 8:00-4:00, and beginning at 6:30am on race morning at the race site.** A portion of the proceeds goes to the Trussville Area Chamber of Commerce's Scholarship Fund, Cahaba Dog Park and other local causes. There is a 45-minute course time limit after which point we will be unable to provide police barricades.

CIRCLE RACE: 5K / Doggie Dash / Family Fun Walk

Long Sleeve T-shirt size

First Name: _____ Email: _____

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Last Name: _____ Phone: _____

YS YM YL

Gender: M or F Age (on Race Day): _____ DOB: _____ / _____ / _____

Address: _____

5k: \$30 EARLY BIRD / \$35 DAY OF RACE

Make checks payable to TACC and mail to
400 Main Street, Trussville, AL 35173

City: _____ State: _____ Zip: _____

This release must be signed by each participant or the parent/guardian of each participant:

I know that running a road race is a potentially hazardous activity. I should not enter and run the Maple Leaf 5K or Family Fun Run/Walk 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 responsibilities and risks associated with running the event including but not limited to falls, contact with other participants, the effects of weather including high heat/and or humidity, traffic and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing the risks and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Trak Shak, The Trussville Area Chamber of Commerce, The City of Trussville, all volunteers, sponsors, together with their employees, contractors, subcontractors, directors, officers, agents, attorneys, representatives, and successors from all claims of liabilities of any kind or character arising from my participation in this event.

Signature of applicant or (Parent/Guardian if under age 19)

Date _____

Printed Name