

Waiver:

THE ST. ANDREW ENTERPRISE RELEASE FORM

(Field Trips, Athletic Events, Summer Camps, and other Extracurricular Activities, etc.)

I _____ agree to allow

(Name of Adult, Parent, or Guardian)

registrants on this form to participate in the **South Memphis 7th Annual 5k** on **November 4th, 2017**.

Participation in this event is voluntary and at your own risk. You and/or your child are advised that participation may expose you to potential risks of physical harm or damage to personal property. You and/or your child will be held personally responsible for any expense you may incur as a result of any injuries sustained or damage to personal property sustained while participating in this event.

It is therefore agreed and understood that the undersigned and/or the child or minor represented, freely and voluntarily chooses to assume personal liability for any injury that may occur as a result of participation in activities and for any damage sustained to personal property. The undersigned and/or the child or minor represented further agrees to save and keep harmless and indemnify THE ST. ANDREW ENTERPRISE against any and all liability, claims, and costs of whatever kind and nature for injury, death, and for loss or damage to any property occurring in connection with or in any way incident or arising from participation in this activity/event, resulting in whole or part from the negligent acts, fault or omissions of THE ST. ANDREW ENTERPRISE, any member, or employee, agent or representative of THE ST. ANDREW ENTERPRISE.

Date: _____

Signed _____

Printed Name: _____

LET'S MOVE SOUTH MEMPHIS

St. Andrew Community Life Center

1472 Mississippi Blvd.

Memphis, TN 38106

(901) 948-3441

Directions:

From St. Andrew AME Church go to S. Parkway and Mississippi., Turn left (South) To stop sign (Kerr). Turn left (east). Angle to the right at the fork. The Community Life Center (purple and gold building) is located on your left.



7th Annual



**Includes
Heal The Land Health Fair**

November 4, 2017

10:00AM

Register Online

www.southmemphis5k.org

**St. Andrew AME Church
Community Life Ctr.
1472 Mississippi Blvd.**

**Rev. Dr. Byron Moore, Senior Pastor
Rev. Sharon Moore, Executive Pastor**

About the South Memphis 5k

The Challenge

- Our city tips the scales with an obesity rate of 31.9 percent, according to a 2014 Gallup survey.
- Fewer than half of the city's residents report regular exercise.

5k Races don't take place in communities like South Memphis.

- Very few if any races take place in communities that look like South Memphis.
- Our communities need more opportunities to engage in active lifestyles.

The Solution

- The South Memphis 5k showcases the beauty of South Memphis and has a major impact on our community.
- Our goal is to bring attention to the importance of Health and Wellness in Memphis.

LET'S MOVE
SOUTH MEMPHIS



Race Schedule

October 1, 2017

Early Registration Ends

October 22, 2017

**Last Day T-Shirts Availability
Guaranteed**

NOVEMBER 4, 2017

** All festivities will start/finish at the St. Andrew Community Life Center (CLC)**

(See directions on back)

9:00 –9:45 AM

- Race day registrations at St. Andrew Community Life Center
- T-Shirt Pick Up
- Zumba Warm Up, Drumline, Pom Pom Squad, Mayor's Remarks

10:00AM :

5k/1 mile race begins

11:00AM –12:00 noon: Snacks & Music

Proceeds to benefit St. Andrew AME Church initiatives in South Memphis

Registration Form

Online: www.southmemphis5k.org

Adults	Early Registration	\$15 (ends 10/1)
	General Registration	\$20

Students (K– 4 year college)	\$5 w/shirt	Free w/o shirt
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T-Shirt Sizes: (NS-No Shirt), YS, YM, YL, AS, AM, AL, AXL, A2XL, A3XL, AX4L (please add \$2 in total for A2XL , A3XL, AX4L)

(T-shirts will be distributed on Sunday, October 29th and the morning of the race at St. Andrew AME Church)

Participant 1: _____

Sex M() F() Shirt Size _____

Event: 5k 1mi (circle only one)

Participant 2: _____

Sex M() F() Shirt Size _____

Event: 5k 1mi (circle only one)

Participant 3: _____

Sex M() F() Shirt Size _____

Event: 5k 1mi (circle only one)

Participant 4: _____

Sex M() F() Shirt Size _____

Event: 5k 1mi (circle only one)

TOTAL AMOUNT ENCLOSED \$ _____

Make Checks Payable to:
St. Andrew AME Church

Address: _____

City _____ State _____ Zip _____

Phone: () _____

Email: _____