



# LEE-RUSSELL AGING FOUNDATION

*Unforgettable Footsteps Mardi Gras 5K Run & 1 Mile Walk*

2207 Gateway Drive . Opelika, AL 36801 . 334-749-5264 . [www.lrcog.com](http://www.lrcog.com)

The Lee-Russell Aging Foundation sponsors the annual UNFORGETTABLE FOOTSTEPS MARDI GRAS 5K RUN & 1 MILE WALK to raise funds for the provision of quality services to senior citizens in Lee and Russell Counties. The Lee-Russell Aging Foundation works with Lee-Russell Council of Governments.

We invite you to show your support for the senior adults in our area by participating in this year's event.

**Saturday, February 9, 2019**

Registration begins at 7:30 AM, event begins at 8:00 AM

**Opelika Municipal Park**

1102 Denson Drive . Opelika, AL . 36801

## Registration Options

On-line: [www.active.com](http://www.active.com) or [www.lrcog.com](http://www.lrcog.com)

or

Mail-in: Please complete and return *both sides* of the enclosed registration card

All participants are encouraged to wear Mardi Gras colors and/or costumes. For more information, please contact Leisa Askew at **334-749-5264** or [laskew@lrcog.com](mailto:laskew@lrcog.com).

Suzanne Burnette  
Executive Director

Jackie Pinkard  
Area Agency on Aging Director



*The Lee-Russell Aging Foundation is 501-C3 and is unique in that every penny raised stays in our communities to help individuals and families live each day with as much assistance and support as possible.*

*This event takes place in partnership with AORTA, Big Dog Running Company & Opelika Parks and Recreation*



Lee-Russell Aging Foundation  
 14<sup>th</sup> Annual Unforgettable Footsteps  
 Mardi Gras 5K Run & 1 Mile Walk  
**REGISTRATION**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Please return to - LRCOG Attn: Leisa Askew . laskew@lrcog.com  
 2207 Gateway Drive . Opelika, AL 36801 . 334-749-5264

**YES!**

I/We would like to register for:

1 Mile Walk \$25 before 1/31/2019

5K Fun Run \$25 before 1/31/2019

I will not be able to attend.

Please accept my donation in the amount of \$ \_\_\_\_\_.

Additional donation in the amount of \$ \_\_\_\_\_.

*Please complete back of card*



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*Please complete back of card*

One (1) t-shirt is included in \$25 registration fee. Additional t-shirts are \$18 each.

T-SHIRT SIZES:

Adult: S, M, L, XL, 2XL, 3XL, 4XL

Youth: S, M, L

NAME	T-SHIRT SIZE	WALK or RUN
_____	_____	_____
_____	_____	_____
_____	_____	_____

*I am contributing to the Lee-Russell Aging Foundation:*

\_\_\_\_\_ In Honor of \_\_\_\_\_

\_\_\_\_\_ In Memory of \_\_\_\_\_

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NAME	T-SHIRT SIZE	WALK or RUN
_____	_____	_____
_____	_____	_____
_____	_____	_____

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NAME	T-SHIRT SIZE	WALK or RUN
_____	_____	_____
_____	_____	_____
_____	_____	_____

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\_\_\_\_\_ In Honor of \_\_\_\_\_

\_\_\_\_\_ In Memory of \_\_\_\_\_



# 14<sup>th</sup> Annual Unforgettable Footsteps



## Mardi Gras Walk/Run

### Participant Information - Donation

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Gender: \_\_\_\_\_ Male \_\_\_\_\_ Female

Birthdate: \_\_\_\_\_ MM/DD/YYYY

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### What is your t-shirt size? (One t-shirt is included with registration. Additional shirts are \$15 each)

\_\_\_ Adult Small Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Adult Medium Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Adult Large Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Adult XL Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Adult 2XL Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Adult 3XL Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Adult 4XL Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Youth Small Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Youth Medium Qty. \_\_\_\_\_ @ \$15.00 each

\_\_\_ Youth Large Qty. \_\_\_\_\_ @ \$15.00 each

**Distance (Choose One):** \_\_\_\_\_ 1 Mile Walk or \_\_\_\_\_ 5K Run

\_\_\_\_\_ I would like to attend the walk/run and I am enclosing a check for \$25 by 1/7/19 or \$30 after 1/7/19

\_\_\_\_\_ I would like to order \_\_\_\_\_ additional t-shirts and am enclosing a check for \$\_\_\_\_\_.

I will not be able to attend but please accept my donation in the amount of \$\_\_\_\_\_. **(All donations of \$25 and above will receive a t-shirt)**

\_\_\_\_\_ In Honor of \_\_\_\_\_

\_\_\_\_\_ In Memory of \_\_\_\_\_

**\*\*\* Walk/Run Participants Must Sign Waiver on back**

# **Liability Waiver for Unforgettable Footsteps Mardi Gras Run and Walk**

I know that running and/or walking a road race is a potentially hazardous activity. I should not enter and run 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 the risks associated with running in this event including but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Lee-Russell Council of Governments, Lee-Russell Aging Foundation, City of Opelika, City of Opelika Parks and Recreation and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further agree to indemnify, hold harmless, and defend Lee-Russell Council of Governments, Lee-Russell Aging Foundation, City of Opelika, City of Opelika Parks and Recreation, its officers, agents, and employees from injuries, damages, or loss sustained by me and arising out of, connected with, or in any way associated with my participation in the Unforgettable Footsteps Mardi Gras 5K Run and 1 mile Walk. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I HAVE FULLY READ AND UNDERSTAND THE FOREGOING.

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: Lee Russell Council of Governments, Lee Russell Aging Foundation, Opelika Parks and Recreation, and the City of Opelika and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT AND I SIGN ON MY OWN FREE WILL.

\_\_\_\_\_  
Participant's Signature  
(Please print legibly.)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Age

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

(If under 18 years old, Parent or Guardian must also sign.)