

# Ryan's Run 5K

Show Your Team Spirit!



Saturday, Nov. 30, 2019  
8:00 AM 5K  
9:00 AM 1 Mile Fun Run/Walk

Frazer Memorial  
United Methodist Church  
Montgomery, AL

334-356-1986 after 6PM, or  
ryansrun5k@gmail.com



## Additional Information:

334-356-1986 after 6PM, or  
ryansrun5k@gmail.com and "Like" our  
page on Facebook!



Online Registration Available on  
[runsignup.com](http://runsignup.com)



**WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter a 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 risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and 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 Ryan's Run, Family Voices, Frazer Memorial United Methodist Church and any other sponsors, course workers, City of Montgomery, Montgomery Police Department, and any other persons involved with this race from all claims or liabilities of any kind arising out of my participation in this event. All entries are non refundable.

Signature (Parent's Signature if under 18)

Date

Sponsored by Family Voices of Alabama, a 501(c)(3) organization assisting families of children with special health care needs.

Registration is also available online at: [www.runsignup.com](http://www.runsignup.com)

## Join Us!

Kick-off your college football rivalry weekend and join us for our 5K Run and 1 Mile Fun Run/Walk. Show your team spirit and wear your favorite team colors!

## When:

Saturday, November 30, 2019  
Day of Race Registration and Packet Pick-up begins at 6:30 AM.

## Where:

Frazer Memorial United Methodist Church  
(in back of the JEMAC)  
6000 Atlanta Highway  
Montgomery, Alabama

## Race Information:

This event is being held in memory of Ryan Colburn, who was an avid sports fan, and especially loved this time of year & the Iron Bowl Rivalry. Proceeds will go to support The Frazer Youth Worship Arts Program & also The Ryan Colburn Youth Scholarship which will support youth with disabilities to attend the national Association of Maternal and Child Health Programs Annual Conference. Participants are encouraged to wear their favorite team colors!

## Registration:

**Early registration fees must be received by 11/24/2019.**

Early Registration- including T-shirt ..... \$25

*\*\*T-shirts guaranteed to participants who register by Nov. 12*

Early Registration, no T-shirt ..... \$20

Late and Day-of-Race Registration ..... \$30

*\*\*T-shirts will be available for late and day-of-event registrants while supplies last*

Virtual Runner ..... \$25

Virtual Runners can enjoy sleeping in on race day and still support Ryan's Run! A T-shirt has been reserved for you!

Registration is also available online at [www.runsignup.com](http://www.runsignup.com)

## Packet Pick-up Information

Packet pick-up and day-of-race registration begins at 6:30 AM in back of Frazer UMC.

## Course Description:

Mostly flat out and back course that starts and finishes on the backside of Frazer Memorial United Methodist Church and goes through the Landmark neighborhood.

## Facilities:

All race events will be on the backside of Frazer Memorial United Methodist Church. Restrooms are available. Snacks & refreshments will be available after the event. All registrants will be entered into a drawing for door prizes, you must be present to win.

## Awards:

### 5K Run:

1st, 2nd, 3rd, Male/Female, Top Male/Female Masters (40+). Top Male/Female in age groups: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+.

### 1 Mile Fun Run/Walk:

1st, 2nd, 3rd Male/Female

# 10 YEARS OF RUNNING FOR RYAN



**Mail Entry Form and Make Checks Payable to:  
(must be received by 11/27/2019)**

Family Voices of Alabama, 1520 Hallwood Lane,  
Montgomery, AL 36117

Event: 5K Run \_\_\_\_\_

1 Mile Run/Walk \_\_\_\_\_

\*Virtual Runner \_\_\_\_\_

NAME: \_\_\_\_\_ BIRTH DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX: \_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_

\*Virtual runners can enjoy sleeping in on race day. A T Shirt has been reserved for you! 😊

\*\*I am unable to participate, Please accept my donation of \$ \_\_\_\_\_ to your event.

**Please see reverse side to sign and date the waiver portion of the form.**