

St. Elias Lebanese Food & Cultural Festival Presents the
8th Annual Cedar Run 5K Run/Walk and Cedar Shake Fun Run
Saturday, April 18, 2020

*Proceeds will benefit the Exceptional Foundation; a local non-profit organization established to serve mentally and physically challenged individuals in the Greater Birmingham area.
To learn more about the Exceptional Foundation, go to www.exceptionalfoundation.org.*

Registration Form

Schedule of Events

Friday, April 17, 2020

10:00 AM – 7:00 PM On-site registration and packet pick up at St. Elias Maronite Catholic Church

Saturday, April 18, 2020

6:30 – 7:45 AM Late registration and packet pick up at St. Elias Maronite Catholic Church
8:00 AM 5K Run/Walk
6:30 – 8:45 AM Late registration and packet pick up for the Fun Run at St. Elias Maronite Catholic Church
9:00 AM One Mile Cedar Shake Fun Run
9:30 AM Awards Ceremony

Location

The race will begin and end at St. Elias Maronite Catholic Church, 836 Eighth Street South, Birmingham, AL 35205.

Entry Fees

- 5K Run/Walk - \$25 (through Jan 31) \$30 (Feb 1 – April 12) \$35 (April 13 – April 18)
- One Mile Fun Run - \$18 (through Feb 29) \$20 (March 1 – April 16) \$22 (April 17 – April 18)
- Team Registration for 5K Run/Walk only – \$20 (through Jan 31) \$25 (Feb 1 – March 31) \$30 (April 1 – April 12) \$35 (April 13 – April 17)
 - Team registration is available through April 17th (No Team Race Day Registration)
 - All team members must register on individual entry forms (or online for faster processing)
 - Team entry fees are per participant
 - To be considered a team, there must be 5 or more participants registered under your team name by April 17th. Team discount is provided once 5th member registers by March 31st.
- Sleep In - \$25 (through Jan 31) \$30 (Feb 1 – April 12) \$35 (April 13 – April 18)
 - You will still receive a t-shirt with this registration option and may pick up your t-shirt at packet pickup
 - Sleep In Registration is only available as an Individual Registrant
- Online registration available at www.cedarrun5k.com through race day
- Entry fee is non-refundable and non-transferable. Race will occur rain or shine, warm or cold. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds; rather, your entry fee will be used as a donation to the Exceptional Foundation.

T-shirt, \$4 coupon to the St. Elias Lebanese Food and Cultural Festival and the best goodie bag in town guaranteed to the first 250 registrants!

Awards

Individual awards will be given to the overall male and female 5k winners and to the top three 5k finishers in the following male and female age divisions:

10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Overall winners will not be eligible for age group awards.

Two team awards will be given:

Fastest Team Award (official time of top 5 finishers per team for the Cedar Run 5K)

Most Team Members (number of registered participants for the Cedar Run 5K)

Fun Run participants will each receive a finisher's award

St. Elias Cedar 5K Run/Walk and Cedar Shake Fun Run



Mail to: St. Elias Cedar Run, c/o Amy Ellis, 3738 River Oaks Lane, Birmingham, AL 35223
Make checks payable to: St. Elias Cedar Run

First Name: _____ Last Name: _____

Address: _____

Phone: _____ Email Address: _____

Date of Birth: _____ Age: _____ Male: _____ Female: _____

Cotton T-Shirt Size:

Youth Small: _____ Youth Medium: _____ Youth Large: _____

Adult Small: _____ Adult Medium: _____ Adult Large: _____ Adult X-Large: _____ Adult XX-Large: _____

Which race? 5K _____ or Fun Run _____ or Sleep In _____

Team Information, if applicable: Team Name _____

Team Captain _____

I am the Team Captain: Yes: _____ No: _____

Amount Paid: _____

Waiver must be read and signed before mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event 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 race, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release St. Elias Maronite Catholic Church, City of Birmingham, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. All fees are nonrefundable. Sorry, no wheelchairs or pets allowed due to our insurance policy.

Signature: _____ Date: _____

Parent or Guardian if under age 18