

**SATURDAY  
SEPTEMBER 17, 2011**

REGISTER ONLINE TODAY @ [www.PHP5K.com](http://www.PHP5K.com)



To promote fitness in the community and to support JCCC.

**POLYAMIDE HIGH PERFORMANCE, INC.**

Presents the

**CARLOS SERRANO MEMORIAL PHP 5K**

100% Race Proceeds donated to

**JACKSON COUNTY CHRISTMAS CHARITIES (JCCC)**

*JCCC will be accepting additional donations the day of the race.*

9:00am - 5K Road Race  
10:00am - 1-mile Fun Run

**THE BEACH AT GOOSE POND COLONY  
SCOTTSBORO, AL**

**FUN RUN:**

All Fun Run registrants will receive a goodie bag (race shirts not included)  
All finishers will receive a special Fun Run Medal

**REGISTRATION:**

ONLINE: [www.PHP5K.com](http://www.PHP5K.com)

MAIL: Mail completed and signed registration form + registration fee/s to:  
Polyamide, Attn: 5K, 300 Serrano Way, Scottsboro, AL 35769

*\*If not mailed by September 9th please register in person; see info below for details.*

IN PERSON: Friday September 16th, 4pm-7pm at Goose Pond Colony Beach

Saturday September 17th, 6am - 8am at Goose Pond Colony Beach

*\*The registration fee increases to \$30 per person on race morning.*

**PACKET PICK UP:**

Friday, September 16th: 4pm - 7pm at Goose Pond Colony Beach.

Saturday, September 17th: 6am - 8am.

**PRIZES:**

All registrants will be entered to win prizes including:

Nordic Track Treadmill - P90x Video Set - \$100 Fleet Feet Gift Certificate - Many Other Great Prizes  
Cash prizes and Medals for the top 3 male and female overall finishers. Medals and certificates will be presented to top age group finishers. Visit our website for more information.

**REGISTRATION FORM:** For additional information call Marisa Lusk 256-218-4061; or email [Raceinfo@PHP5K.com](mailto:Raceinfo@PHP5K.com)

Make checks payable to "PHP 5K Race". Mail your signed registration form and registration fee to: Polyamide, Attn: 5K, 300 Serrano Way, Scottsboro, AL 35769

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

Male  Female  5K-\$20\*  FunRun - \$5  Age on Race Day: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
\*5K registration fee increases to \$30 on race morning

**TELEPHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**SHIRT SIZE:** ADULT S  M  L  XL  XXL  XXXL  (Shirts and bags for first 500 registrants)

**RACE WAIVER:** As consideration for acceptance of my entry, I hereby for myself, heirs, executors, administrators and assignees release Polyamide High Performance, Inc., its employees, officers, and assignees and all race volunteers from any and all liability, claims, demands, actions, losses or damages arising out of, or related to any injury, illness, loss, or damage, including death, as a result of my participation in this event. I further certify that I am physically fit and that I have trained sufficiently to participate in this event. In addition, I grant permission to the organization conducting the race to use any photographs, videotapes, or any other record of this event for any purpose.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

Minors under the age of 19 must have the signature of a legal guardian on their registration form. Everyone must complete and sign the registration form and waiver in order to participate.