



**CIRCLE ONE**

- 8K Run \$25
- 5K Run \$25
- Strong Kids 1/2 Mile \$10
- 1 Mile Fun Run \$10
- Donation to YMCA Strong Kids \$\_\_\_\_\_

First Name: \_\_\_\_\_

Middle Initial: \_\_\_\_\_

Last Name: \_\_\_\_\_

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

City: \_\_\_\_\_

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

Circle One:    Male                  Female

DOB: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Number: (\_\_\_\_) \_\_\_\_\_

T-Shirt Size: YS YM YL  
S M L XL XXL XXXL

**Make Checks payable to APSO  
Sign waver on back and return to**

Attn: Tracy Click  
FLT-7457 ANNEX BLDG  
600 N 18<sup>th</sup> Street  
Birmingham, AL 35203



**YMCA STRONG KIDS**

The Power Run will help to raise awareness and funds to benefit the YMCA Strong Kids program. The YMCA is committed to a strategic plan, which includes building Strong People with an emphasis on developing strong Children and Youth in spirit, mind and body. The YMCA believes that they can help build Strong Young People with a particular focus on promoting physical activity and wellness and developing leadership qualities.

The YMCA needs the financial support of the community to provide affordable access to the character building, quality programs and services of The YMCA. The YMCA Strong Kids Program helps meet this need.



Alabama Power Service Organization



**Saturday  
March 06, 2010**

**Trussville Library  
400 N. Parkway Drive, Trussville AL**

- 8K Run 8:00 AM
- 5K Run 8:00 AM
- Strong Kids 1/2 Mile 9:00 AM  
(For ages 10 & under)
- 1 Mile Fun Run 9:15 AM

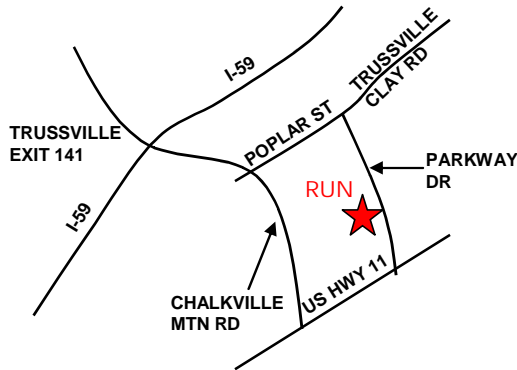
<http://apso.southernco.com>



*Benefiting YMCA Strong Kids Program*

## EVENT LOCATION & INFO

400 N. Parkway Drive  
Trussville, AL 35173



### START TIMES

8K & 5K	8:00 AM
Strong Kids ½ Mile	9:00 AM
1 Mile Fun Run	9:15 AM

For race course information, entry forms, online registration, volunteer, family fun information, please visit:

<http://apso.southernco.com>

## ALL REGISTERED PARTICIPANTS RECEIVE

- Race Packet
- Coupons and Goodies
- Food, Drinks, and Snacks
- Access to Kids/Family Activities
- 8K & 5K Participants will receive Dry-Fit race shirt
- 1 Mile and Strong Kids ½ Mile Participants will receive cotton race shirt

## PACKET PICK UP AT TRUSSVILLE TRAK SHAK

Friday, March 5 11:00 AM – 5:00 PM

## ENTRY FEE

8K / 5K Run	\$25.00
Strong Kids ½ Mile	\$10.00
1 Mile Fun Run	\$10.00
Kids Activities	FREE

## RACE DAY SCHEDULE

- 7:00 AM – Packet Pickup and Late Registration at Trussville Library
- 7:50 AM – Race Registration Packet Pickup Close
- 8:00 AM – 8K/5K Start
- 9:00 AM – Strong Kids ½ Mile Run (Ages 10 and under)
- 9:15 AM – 1 Mile Family Fun Run
- 9:30 AM – Awards Ceremony

## KID ACTIVITIES

- Moonwalk
- Clowns and face painting
- Mascots
- Ice cream, exercise and more

Family activities will take place next to tennis courts.

Parking will be available at the Trussville Library and by the stadium.

## AWARDS

- 8K/5K – Top Male/Female Overall  
Top 3 M/F in 10 yr age brackets  
0-19, 20-29, 30-39, 40-49  
Grand Masters (50+)
- Strong Kids ½ Mile – All participants will be given an award
- 1 Mile – Top 3 Male/Female Overall



This release must be signed by each participant or the parent/guardian of each participant:  
I know that running a road race is a potentially hazardous activity. I should not enter and run the APSO Power Run unless I am medically able. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all responsibilities and risks associated with running the event including but not limited to falls, contact with other participants, the effects of weather including high heat/and or humidity, traffic and conditions of the road including death. All such risks are known and appreciated by me. Having read this waiver and knowing the risks and in consideration of you accepting my entry, I, for myself and anyone entitles to act on my behalf, waive and release Alabama Power Service Organization, The City of Trussville, all volunteers, sponsors, together with their employees, contractors, subcontractors, directors, officers, agents, attorneys, representatives, and successors from all claims of liabilities of any kind or character arising from my participation in this event. In addition, each runner's, address, and e-mail will be sent to Runners World.  
I HEARBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.

PRINT

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

SIGNATURE OF

APPLICANT: \_\_\_\_\_

(Age 18 or older)

DATE: \_\_\_\_\_

I HAVE READ AND UNDERSTAND THIS WAIVER AND RELEASE AGREEMENT SHALL BIND ME, MY CHILD, our personal representatives, heirs and assigns. I HEARBY RELEASE AND PROMISE NOT TO SUE, AND SHALL DEFEND, INDEMNIFY AND HOLD HARMLESS, THE RELEASES FROM EVERY CLAIM AND ANY LIABILITY that I or my Child may allege against the Releases, including attorney fees, as a direct or indirect result of injury to me or my child, or my Child's property, or resulting in my or my Child's death, because of my Child's participation in the Event or staging, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASES or otherwise.

For persons under 18 years of age, a parent or legal guardian must sign this Waiver and Release.

PARENT/GUARDIAN

SIGNATURE \_\_\_\_\_

RELATIONSHIP TO

MINOR \_\_\_\_\_

DATE: \_\_\_\_\_

Administrative:

8K RACE NUMBER:

5K RACE NUMBER:

½ MILE RACE NUMBER:

1 MILE RACE NUMBER: