

**So you still think you can outrun the Law?
It's time to put on your game face and show us what you got!**

**Dothan Police Dept./Dothan Runners Club
Third Annual Trot with S.W.A.T.
10K and 5K* Run/Walk
(*5K distance added for 2009 race)**

**Saturday, September 19, 2009 8:00 a.m. CDT
Downtown – Dothan, Alabama**

REGISTRATION:

6:30 – 7:45 a.m. – Poplar Head Park - (Adjacent to Dothan Civic Center Parking Lot- 126 N. St. Andrews St.)

ENTRY FEE:

**Mailed by 9/12: 10K-\$20 5K-\$15 Race Day: 10K-\$25 5K -\$20 (Includes T-shirt).
(Pre-register to reserve your correct size race day.)**

5K and 10K AWARDS:

**Awards to - Overall Male & Female, first Male & Female Masters (40+),
Grandmasters (50+), Senior Grandmasters (60+) & top 3 in the following age groups: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-up. Race walking awards to the top 3 Male & Female walkers.
(Those who plan to jog and walk should register as runners. No bicycles, skates, or dogs are allowed on the course during the race.)**

AWARDS CEREMONY & POST RACE CELEBRATION

**Poplar Head Park- Complimentary food and beverages will be provided.
Proceeds to be used for Dothan Police SWAT unit training, equipment and events.**

**“Trot with S.W.A.T” - 10k Run/Walk
Registration & Waiver Form**

I know that running 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 risks associated with running in this event including, but not limited to, falls; contact with other participants; the effects of weather, including high heat and/or humidity; traffic; and the 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 the Dothan Runners Club, the City of Dothan, and all race sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the 2009 “Trot with S.W.A.T” – 10K and 5K Run/Walk

Name _____ Sex: M F Age: (on 9/19/09) _____

Address _____ City, State & Zip _____

Phone# _____ E-Mail _____ Date of Birth _____

Select One: 5K 10k Run Walk T-Shirt Size S M L XL

Signature _____ Date _____

(Parent or guardian must sign if entrant is under 18 years of age)

Make checks payable to: **Dothan Police S. R.T. Fund**

Mail to: **Dothan Police Dept. -Attn: Brian Goguen 210 N. St. Andrews - Dothan, AL 36303**

No entry accepted without required fee. No refunds. All entries must be signed.

For more information call Carol Goguen (334) 794-9029 or cgoguen@sw.rr.com