



We welcome Men, Women, Children, and Families – anyone who enjoys a fun run or walk! This race will be both trails and pavement throughout **Tannehill Ironworks Historic State Park**. (This course is stroller accessible and open to dogs, but they **MUST** be on a leash and have current vaccinations!)

Race participants registering before 8/1/09 are guaranteed to receive a t-shirt/race packet.

All race participants will receive FREE admission into the park.

Proceeds benefiting **The Amelia Center** (www.ameliacenter.org), a grief counseling service of Children's Hospital of Alabama. Water stations every mile, medical assistance throughout the park.

Individuals 5k	\$20 before 8/1/09	\$25 8/2 -8/15/09	\$30 day of race
Individuals 1 mile	\$15 before 8/1/09	\$20 8/2-8/15/09	\$25 day of race
Teams 5k (min 5 people)	\$15 each before 8/1/09	\$20 each 8/2-8/15/09	\$25 each day of race

Family members not racing will be required to pay park fee. Children 5 and under can "race" FREE with the paid registration of a parent

Saturday, August 29, 2009 at 8:00a.m., followed by rewards, refreshments and a chance for door prizes (CASH PRIZE, gift cards to local restaurants and businesses, a night stay at Ross Bridge Golf Resort & Spa, Spa Certificates to Ross Bridge, Alabama Adventure tickets and more!

Tannehill Ironworks Historic State Park:
12632 Confederate Pkwy, McCalla, AL 35111



For online registration visit our site at www.active.com keyword: baby steps
or mail in the enclosed registration form

*******Race participants registering before 8/1/09 are guaranteed to receive a t-shirt/race packet*******

5k _____ 1 mile fun run _____ Team (5k) _____ Volunteer _____

T-Shirt Size (*circle one*) **Youth** YS / YM or **ADULT** XS / S / M / L / XL / XXL
Additional shirts: Youth \$10 each / Adult XS to XL \$12 each / Adult XXL \$15 each

*Toddler shirts may be available upon request. Email us to see if they are available.

Name _____ Age (on race day) _____

Address _____

E-mail _____ Team Name (if applicable) _____

In consideration of acceptance of this entry, I hereby release Tannehill Ironworks Historical State Park, Alabama Historical Ironworks Commission and commercial sponsors and officials (Baby Steps) from all claims of injury or damage from participating in this activity. I hereby declare that I am in proper and sound physical condition to participate in this activity. I understand and agree that the aforementioned may subsequently be used for promotional and publicity purposes with compensation to me. Furthermore, I understand and agree that my entry fee is non-refundable.

Signature _____ Date _____

Event Contact: Loni or Abby - babysteps5k@yahoo.com

Mail form and payment to: Baby Steps
PO Box 674
Moodv. AL 35004