

Run with All Your Heart

For the Ronald McDonald House®

Your participation in the Red Nose Run will help the Ronald McDonald House in Birmingham continue to provide a safe, affordable, supportive "home-away-from-home" for sick or injured children and their families when they travel to Birmingham for medical treatment. Since 1979, the House has provided a place to stay for an estimated 31,000 families.

In addition, the House offers access to laundry, cooking, and Internet facilities plus a wonderful program of family dinners donated by local organizations and volunteers for only \$5 to \$10 per night for services that cost \$64 per night.

An estimated 75% of all children in Alabama do not live in a county with comprehensive pediatric health services and must travel for non-routine services.

Special events such as the Red Nose Run comprise a critical source of funding for operation of the Birmingham Ronald McDonald House.

**Coming January 2010—
Ronald McDonald Family Room at
DCH Regional Medical
Center in Tuscaloosa.**



*To the Ronald McDonald Staff
We just want to say thanks for all your support and kindness. It was stressful being so far from home, but you all made us feel welcomed. If it wasn't for a place like this, I'm not sure what we would have done. May God bless you each, everyday.
-RMHCA Guest Family
2009*



Ringling Bros. and Barnum & Bailey® is roaring into town with Barnum's FUNundrum, a celebration of P. T. Barnum so big, it is an event 200 years in the making! From the moment that you arrive, the momentum explodes as *The Greatest Show On Earth®* comes to life in a way that can only be inspired by the greatest showman who ever lived. At Barnum's FUNundrum, the funtastic and funbelievable experience answers the conundrum.

Playing the BJCC Arena January 27-31, 2010. For information on tickets and show schedules, visit www.Ringling.com.



**10 mile & 5k Run/Walk
1 Mile Fun Run**

**2010 RRCA Southern Region
10 Mile Championship**



Saturday, January 9, 2010

Boutwell Auditorium, Birmingham, AL

Race Information:

205.212.7263

205.933.8911

www.rednoserun-bham.com



*Benefitting
Ronald McDonald House Charities® of Alabama*



Race Information

Lace up your big floppy clown...uh, running shoes, put on your red nose, and meet us at Boutwell Auditorium* for the 6th Annual Red Nose Run. Kids will enjoy the One Mile Fun Run with Ringling Bros.® clowns and Ronald McDonald® on hand, while others can run or walk the 5K and 10 Mile courses. We'll also have a **Kid's Zone** with moon bounces and face painting clowns, food and drink, door prizes, music and more! All proceeds of the event benefit Ronald McDonald House® Charities of Alabama.

All races begin and end at Boutwell Auditorium. For race course information, entry forms, volunteer, or fundraising information, please visit www.rednoserun-bham.com.

*Boutwell Auditorium 1930 8th Avenue North Birmingham, AL 35203

- ♥ 10 Mile Start Time—7:00 a.m.
- ♥ 5K Run / Walk Start Time—8:30 a.m.
- ♥ 1 Mile Fun Run / Walk Start Time—9:30 a.m.

All Registered Participants Receive:

- ♥ Official race T-Shirt
- ♥ Coupon for \$5 weekday show and \$10 weekend show for Ringling Bros.® Circus tickets
- ♥ \$10 coupon to The Trak Shak Running Shops
- ♥ Ringling Brothers clown nose
- ♥ Lots of food, music & fun
- ♥ Other coupons and goodies

Packet pick up at Trak Shak in Homewood

2839 18th Street South Homewood, AL 35209

- ♥ Wednesday, 1/6/2010—11:00 a.m.—7:00 p.m.
- ♥ Thursday, 1/7/2010—11:00 a.m.—6:00 p.m.
- ♥ Friday, 1/8/2010—11:00 a.m.—5:00 p.m.

Race Day Schedule of Events:

6:00 a.m.—Packet Pickup and Late Reg. Open inside Boutwell Auditorium

6:45 a.m.—10 Mile Packet Pickup and Late Reg. Close

7:00 a.m.—10 Mile Race Start

8:00 a.m.—Post Race Food

8:15 a.m.—5K Packet Pickup and Late Reg. Close

8:30 a.m.—5K race Start

9:15 a.m.—1 Mi. Packet Pickup and Late Reg. Close

9:30 a.m.—1 Mi. Fun Run Start

9:45 a.m.—Awards Ceremony

*Post race activities will take place inside Boutwell Auditorium

Team Fundraising

Be a Team Captain and invite fellow runners or supporters to join your team to raise funds for the Ronald McDonald House. The top 2 fundraisers win an iPod Touch and an iPod Nano!

Race Day Volunteering

Be the Heart of the Race by volunteering your time assisting with race packet stuffing, race packet pick up and registration, day of packet pick up and registration, serving at water stops, directing runners, equipment delivery, or finish line and clean up.

Awards

Awards go to the top 3 M/F finishers, Top Master, Grand Master, and the top 3 M/F finishers in each age bracket. Awards ceremony will take place at 9:45 a.m. inside Boutwell Auditorium.

Red Nose Run Entry Form Saturday, January 9, 2010

Please make checks payable to Ronald McDonald House Charities of Alabama and mail to [RMHCA c/o Red Nose Run, PO Box 2405, Birmingham, AL 35201](mailto:RMHCA@rednoserun.com). Online information and registration is available through www.rednoserun-bham.com or www.active.com.

Participant Information							
Name	Circle one: Male/Female						
Address							
City, State, Zip							
Phone	Date of Birth						
Email	Age Race Day						
Please Circle T-Shirt size (first 600 10 Milers get tech t-shirt)							
Youth-S	Youth-M	Youth-L	S	M	L	XL	XXL
Emergency Contact							
Name							
Phone Number							

I know that running or walking 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 but not limited to fall, contact with other participants, the effects of weather, including high heat and or humidity, traffic and other condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry, I for myself and anyone else entitles to act on my behalf, waive and release Ronald McDonald House® Charities of Alabama, Ringling Bros. and Barnum & Bailey®, Championship Racing, LLC, Feld Entertainment, and all sponsors, their representatives and successors from all claims in liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose.

Signature	Date
Signature of Parent/Guardian if entrant is under 18	
Date	

	Register By Nov. 30	Register By Dec. 30	Register By Jan. 8	Race Day Registration	Students Under 21 Years Old	Total:
10 Mile	N/A	\$35	\$40	\$45	\$20	
5K	N/A	\$25	\$30	\$35	\$20	
1 Mi. fun run	N/A	\$15	\$15	\$15	\$15	
I'm going to sleep in, but still want the t-shirt.					\$25	
Donation to the Ronald McDonald House						
Total:						

10 Mile	N/A	\$35	\$40	\$45	\$20	
5K	N/A	\$25	\$30	\$35	\$20	
1 Mi. fun run	N/A	\$15	\$15	\$15	\$15	

I'm going to sleep in, but still want the t-shirt. \$25

Donation to the Ronald McDonald House

Total:

Credit Card

Name on Card

Card #

Exp Date / Security Code

Authorization Signature