



RUNNING WITH THE BAND IN BEULAH LAND

Saturday, November 3, 2012



Come run/walk a Mile, 5K, 10.5K or all three in Beulah, Alabama
10.5K: 8:00 a.m. **central time**/ 9:00 a.m. **eastern time**
5K: 10:00 a.m. **central time**/ 11:00 a.m. **eastern time**
1 Mile: 11:00 a.m. **central time**/ 12:00 p.m. **eastern time**

From Atlanta: Travel south on I-85 to the Georgia-Alabama State Line. The first exit in Alabama (Valley, Al) will be exit #79. Exit here and take a left on Highway 29. Travel 5 miles to where the 4 lane runs out and turn left on road 380 at the red light. Go 5.5 miles and turn right on road 270. The school is 2.3 miles on the left.
From Columbus: Travel west on highway 280 towards Opelika. Turn right on road 379. Travel 11 miles and turn left on road 372. Go 1.7 miles and turn left on road 270. The school is 1/2 mile on the left.
From Montgomery: Travel north on I-85 to exit #64. Turn right on Highway 29, and then take the next left continuing on Highway 29. Travel 6.5 miles and turn right on road 270. The school is 3.5 miles on the right. Beulah High School is located at 4848 Lee Road 270 Valley, Al. 36854.



Entry Fee: \$20.00 for one race if received by October 25, 2012
\$30.00 for two races if received by October 25, 2012
\$40.00 for three races if received by October 25, 2012
\$25.00 for one race after October 25, 2012

Mail Check & Entry to:
Beulah Band 5K
2519 Lee Road 375
Valley, Al 36854

1Mile Awards: Top Female/Male: Overall, Master, Grandmaster, Senior Grandmaster, Beulah High & Elementary and in each of these divisions: 6 & under, 7-8, 9-11, 12-14, 15-17, 18-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

5K & 10.5K Top Female/Male: Overall, Master, Grandmaster, Senior Grandmaster and top three in these age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over

Questions: Call Roger Keel at 334-745-5955 or email at rkeel@mindspring.com

Shirt Size (Circle One) YS YM YL S M L XL XXL XXXL **Race: (Circle ones you will run)** 1 Mile 5K 10.5K
(Circle One) Red Technical Blue Technical White T-Shirt **Technical shirts preregistered only**

First Name _____ **Last Name** _____ **Sex** _____ **Age** _____ **Phone** _____

Address _____
Street _____ **City** _____ **State** _____ **Zip** _____

I DON'T WANT TO RUN, PLEASE MAIL MY SHIRT AFTER THE RACE. **Email:** _____

Emergency Contact _____ **Phone:** _____

In consideration of the acceptance of this entry, I, the undersigned, intending to be legally bound hereby for myself, heirs, executors and administrators, waive and release all rights and claims for damages that I may have against the Beulah Band Association, race directors, officers, agents of them, any and all injuries suffered by me in this event, including pre and post-race activities, and agree they are under no obligation to provide a physical examination or other evidence of fitness to participate. I attest and verify that I am physically fit and have sufficiently trained for this event.

Date: _____ **Signature:** _____

Parent must sign if participant is under 18 years of age