



## RUNNING WITH THE BAND IN BEULAH LAND

### Saturday, November 1, 2014



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 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 16, 2014  
\$30.00 for two races if received by October 16, 2014  
\$40.00 for three races if received by October 16, 2014  
\$25.00 for one race after October 16, 2014 & \$40.00 for two

**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 334-524-2884 or email at rkeel@mindspring.com

#### Mail Check & Entry to:

Beulah Band 5K  
2519 Lee Road 375  
Valley, Al 36854



**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) Technical Shirt 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