

# ALBERT THORNTON MEMORIAL RUN FOR VALLEY HAVEN SCHOOL 40<sup>th</sup> ANNUAL



## 1 Mile and 5K and 10.5K RUN SATURDAY, MAY 7, 2016

Valley Haven School  
P. O. Box 416 ~ 6345 Fairfax By-Pass  
Valley, AL 36854  
(334) 756-2868 or (334) 756-7801

**5K – 8:25 A.M. E.D.T.**  
**1 Mile – 8:30 A.M. E.D.T.**      **10.5K – 9:15 A.M. E.D.T.**

- Awards:** All runners will receive a great T-Shirt with their registration. Trophies for overall winners, masters winners, and 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male and female in 10 year age groups for 5K and 10.5K.
- Run Location:** 6345 Fairfax By-Pass, Valley, AL 36854 (Valley Haven School)
- Refreshments:** Gatorade, hamburgers, snacks, and water for everyone.
- Family Fun:** A children's fun area is provided. Lots of fun for the whole family.
- Directions** Three miles inside Alabama, going south on I-85 take Alabama Exit 77. Go left (south) for 1 mile on Fob James Drive.  
**From Georgia:** Turn right at the 3<sup>rd</sup> traffic light onto Fairfax By-pass. Valley Haven School is located 6/10 of a mile south on Fairfax By-Pass.
- Entry Fee:** For one event, **\$15.00 if postmarked by April 29<sup>th</sup>**. After the 29<sup>th</sup> of April and on Race Day, \$20.00.  
For two events, \$25.00 pre-registration or \$30.00 day of race.

**The Run events on Hike/Bike/Run Day consist of a 1 mile, 5K, 10.5K Run. (You may also choose to walk.)**  
**All events are on Eastern Daylight Time – 8:25 for 5K, 8:30 for 1 mile and 9:15 for 10.5K.**

Valley Haven serves 132 children and adults with intellectual and developmental disabilities and their families. This run is part of the annual fund drive.

### 2016 VALLEY HAVEN RUN REGISTRATION

**PRE-PAID**

5K @ 8:25 a.m. EDT \_\_\_\_\_ 1Mile @ 8:30 a.m. EDT \_\_\_\_\_ 10.5K @ 9:15 a.m. EDT \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Street/Box** \_\_\_\_\_ **City** \_\_\_\_\_

**State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **School (if student)** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

Choose a **hat** \_\_\_\_\_ **OR** Circle **Shirt Size:** S M L XL XXL (or specify any child's size \_\_\_\_\_)

**Registration/Release Consent:** In consideration of the furtherance of the purposes, objectives, and work of Valley Haven School and The Arc of the Chattahoochee Valley, Inc., and in consideration of their permitting me to participate in the Hike/Bike/Run, on behalf of myself, my parents, my heirs, executors, administrators and assigns, I or we hereby waive and release any and all rights and claims for damage which I or we may incur against Valley Haven School or The Arc of the Chattahoochee Valley, Inc., as well as any other injuries which I may suffer while taking part in the event or as a result thereof. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit to participate in this event.

**Participant's Signature** \_\_\_\_\_ **Parent's Signature** \_\_\_\_\_

(if 18 or older)

(if under 18)

More information is available by calling Valley Haven School at (334) 756-2868 or visit our web site at [www.valleyhavenschool.org](http://www.valleyhavenschool.org) or our e-mail address is [valleyhaven@vhsarc.org](mailto:valleyhaven@vhsarc.org).