

# RUNNING WITH THE BAND IN BEULAH LAND

## Saturday, November 5, 2016

**RUN & SEE  
GEORGIA**



GRAND PRIX  
Since 1989

Come run/walk a Mile, 5K, 10.16K or all three in Valley, Alabama.  
Beulah High School is located at 4848 Lee Road 270 Valley, AL 36854.

**10.16K:** 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

**1Mile:** 11:00 a.m. central time/12:00 p.m. eastern time



Race Series



**BLACK  
BAG**  
RACE SERIES

### Entry Fee:

\$20.00 for one race if received by October 21, 2016/\$25.00 if received after October 21, 2016

\$30.00 for two races if received by October 21, 2016/\$40.00 if received after October 21, 2016

\$40.00 for three races if received by October 21, 2016/\$50.00 if received after October 21, 2016

### 1Mile Awards:

Top Female/Male: Overall, Master, Grandmaster, Senior Grandmaster, Beulah High & Elementary and in each of these divisions: 6 & under, 7-11, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

### 5K & 10.16K Awards:

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](mailto:rkeel@mindspring.com).

**Shirt Size (Circle One):** YS YM YL S M L XL XXL XXXL

### Mail Check & Entry to:

Beulah Band 5K

Attn: Roger Keel

2519 Lee Road 375

Valley, Alabama 36854

**Shirt Type (Circle One):** Technical Shirt White Cotton

*\*Technical shirts preregistered only.*

**Race (Circle ones you will run):** 1 Mile 5K 10.16K

*\*I don't want to run. Please mail my shirt after the race.*

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**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.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*\*Parent must sign if participant is under 18 years of age*