



19th Annual Beulah Bobcat Run

Saturday, March 21, 2020

Come run/walk a Mile, 4K, 5K, or all three in Beulah, Alabama.
4848 Lee Road 270, Valley, Alabama 36854
Plus do a bonus 5K at home for points and a shirt

Races presented by the Beulah Athletic Association.

5K: 8:00 a.m. central time/9:00 a.m. eastern time
4K: 9:00 a.m. central time/10:00 a.m. eastern time
1 Mile: 10:00 a.m. central time/11:00 a.m. eastern time

Bonus 5K Home Run for Points: Must complete run by March 24 and send results to rkeel@mindspring.com
POINTS IN FOUR SERIES FOR ALL FOUR RACES

Entry Fee:

\$20.00 for one race if received by March 7, 2020/	\$25.00 if received after March 7, 2020
\$30.00 for two races if received by March 7, 2020/	\$35.00 if received after March 7, 2020
\$35.00 for three races if received by March 7, 2020/	\$40.00 if received after March 7, 2020
\$40.00 for four races if received by March 7, 2010/	\$45.00 if received after March 7, 2020

1 Mile Awards:

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

4K & 5K 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.

Mail Check & Entry to: Beulah Bobcat Run, Attn: Roger Keel, 2519 Lee Road 375, Valley, Alabama 36854

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

Shirt Style (Circle One): Technical/Dry-Fit Shirt 50/50 Cotton T-Shirt

Race (Check ones you will run): 1 Mile 4K 5K 5K Bonus Run

OR 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 Athletic 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*





There will be a new running series beginning in 2020. It will be called the AL-GA Race Series. Currently the races on the series will be as follows:

ARISE Run - February 15
Smith Station, AL
5K
1 mile
Bonus 5K

Beulah Bobcat Run - March 21
Beulah, AL
5K
4K
1 mile
Bonus 5K

Albert Thornton Run - May 2
Valley, AL
10.5K
5K

West Point Trail Run - TBD
West Point, GA
5K
5K
1 mile
Bonus 5K

Wadley Run - TBD
Wadley, AL
5K
1 mile
Bonus 5K

Running With the Band November 7
Beulah, AL
5K
4K
1 mile
Bonus 5K

Awards

- The overall female and male winners will earn a \$100.00 gift card, plus a winner's trophy.
- There will be a drawing for all that run 80% of the races for 5 - \$50.00 gift cards.
- The two overall winners will not be eligible for the \$50.00 gift cards.

Points will be awarded as follows:

- 10 points for winning your age group, 9 for second, etc. If there are over 10 in your age group and you aren't in the topten, you will get 1 point.
- 5 bonus points will be awarded for each in person race completed. There will be no bonus points for the bonus home runs.
- Points will be awarded for each race on four different series.

Special Rules

- **All in person races must be run at the designated time to earn points for this series.**
- **Runners in the 1 mile will earn points for the AL/GA Series, Clover Glove, Black Bag and Run & See Series.**

