

# 17<sup>th</sup> ANNUAL RUNNING WITH THE BAND IN BEULAH LAND

## Saturday, November 2, 2019

### RUN & SEE GEORGIA



Come run/walk a Mile, 5K, 4K or all three in Valley, Alabama.  
Beulah High School is located at 4848 Lee Road 270 Valley, AL 36854.

**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 Home Run 5K for points. Must run by November 6 and send Results to rkeel@mindspring.com**



#### Entry Fee:

\$20.00 for one race if received by October 18, 2019/\$25.00 if received after October 18, 2019  
\$30.00 for two races if received by October 18, 2019/\$40.00 if received after October 18, 2019  
\$35.00 for three races if received by October 18, 2019/\$45.00 if received after October 18, 2019  
\$40.00 for four races if received by October 18, 2019/\$50.00 if received after October 18, 2019

#### 1 Mile Awards:

Top Female/Male: Overall, 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 & 4K 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.

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

**Shirt Type (Circle One):** Technical Shirt Cotton 50/50

*\*Technical shirts preregistered only.*

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

**Race (Circle ones you will run):** 1 Mile, 5K, 4K, Bonus Home Run 5K

**Mail Check & Entry to:**

Beulah Band Run  
Attn: Roger Keel  
2519 Lee Road 375  
Valley, Alabama 36854

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **Gender:** \_\_\_\_ **Age:** \_\_\_\_ **Phone:** \_\_\_\_\_

**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*