

# ALBERT THORNTON MEMORIAL RUN FOR VALLEY HAVEN 48th ANNUAL EVENT SATURDAY, MAY 4, 2024



Come run/walk a Mile, 4K (2.49 miles), 5K (3.1 miles) or all three at Valley Haven School

6345 Fairfax Bypass, Valley, AL 36854

1 Mile: 8:00 a.m. Eastern Time/7:00 a.m. Central Time

4K (2.49 Miles): 8:30 a.m. Eastern Time/7:30 a.m. Central Time

5K (3.1 Miles): 9:30 a.m. Eastern Time/8:30 a.m. Central Time

Medals 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 4K and 5K.



BONUS HOME RUNS 4K & 5K FOR SERIES POINTS. MUST RUN BY MAY 6, 2024

Send results to [rkeel@mindspring.com](mailto:rkeel@mindspring.com)

VIRTUAL HOME RUNS

Run all five races between April 28 and May 6

Submit times to [rkeel@mindspring.com](mailto:rkeel@mindspring.com) by May 6

Shirts (with paid registration) and points will be given, but no awards for the virtual runs.

**YOU DO NOT HAVE TO BE A SERIES PARTICIPANT TO RUN ANY OR ALL RACES.**

**You may run the three "on-site" races plus two virtual races to get your five, (or you may run all five races—including two 4Ks and 5Ks--as virtual home runs).**

**VALLEY HAVEN SCHOOL**

**P O BOX 416**

**6345 FAIRFAX BYPASS**

**VALLEY, AL 36854-0416**

**334.756.2868 or 334.786.7801**

**Run Location: Day of: Valley Haven School, 6345 Fairfax Bypass, Valley, AL 36854**

**ENTRY FEES FOR ON-SITE RUNS AT VALLEY HAVEN SCHOOL, SATURDAY, MAY 4 2024 ALL TIMES ARE EASTERN TIME**

**\$20.00 for one race if received by April 26, 2024**

**\$25.00 for two races if received by April 26, 2024**

**\$30.00 for three races if received by April 26, 2024**

**\$25.00 if received after April 26, 2024**

**\$30.00 if received after April 26, 2024**

**\$35.00 if received after April 26, 2024**

**Virtual Home Runs Between 4/29 & 5/6: anywhere you would like to run.**

**ENTRY FEES FOR VIRTUAL HOME RUNS**

**\$20.00 for one race if received by April 26, 2024**

**\$25.00 for two races if received by April 26, 2024**

**\$30.00 for three races if received by April 26, 2024**

**\$35.00 for four races if received by April 26, 2024**

**\$40.00 for five races if received by April 26, 2024**

**\$25.00 if received after April 26, 2024**

**\$30.00 if received after April 26, 2024**

**\$35.00 if received after April 26, 2024**

**\$40.00 if received after April 26, 2024**

**\$45.00 if received after April 26, 2024**

## 2024 RUN FOR VALLEY HAVEN REGISTRATION

**On Site: Saturday, May 4, 2024**

**Home Virtual Runs: Sunday, April 28, 2024 to Monday, May 6, 2024**

**Mail Check & Entry Form to Valley Haven School, Valley Haven - Run, P O Box 416, Valley, AL 36854**

**On-Site Runs at Valley Haven**

**1 Mile: 8:00 a.m. ET/7:00 a.m. CT 4K: 8:30 a.m. ET/7:30 a.m. CT 5K: 9:30 a.m. ET/8:30 a.m. CT**

**You may run the three "on-site" races plus two virtual races to get your five**

**(or you may run all five races—including two 4Ks and 5Ks--as virtual home runs).**

**Races (Circle ones you will run in person): 1 Mile 4K 5K**

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

**PLEASE PRINT:**

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

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

**Street/Box: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_**

**Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_**

**Email Address \_\_\_\_\_**

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

**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.

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

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

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

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