

22nd ANNUAL RUNNING WITH THE BAND IN BEULAH LAND



Saturday, November 16, 2024

Come run/walk a Mile, 3K, 5K or all three in Valley, Alabama.
Beulah High School is located at 4848 Lee Road 270 Valley, AL 36854.

1 Mile: 8:00 a.m. central time/9:00 a.m. eastern time

3K: 8:30 a.m. central time/9:30 a.m. eastern time

5K: 9:15 a.m. central time/10:15 a.m. eastern time

Bonus Home Runs 3K & 5K for points. Must run by November 16
and send results to rkeel@mindspring.com

VIRTUAL RUNS

Run all five races between November 10 and November 16 and submit times by November 17
Shirts and points will be given, but no awards for the virtual runs

Entry Fee:

\$20.00 for one race if received by October 31, 2024/\$25.00 if received after October 31, 2024

\$25.00 for two races if received by October 31, 2024/\$30.00 if received after October 31, 2024

\$30.00 for three races if received by October 31, 2024/\$35.00 if received after October 31, 2024

\$35.00 for four races if received by October 31, 2024/\$40.00 if received after October 31, 2024

\$40.00 for five races if received by October 31, 2024/\$45.00 if received after October 31, 2024

1 Mile Awards:

Top Female/Male: Overall and top three in each of these divisions: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & over. **Points will be given for the mile run.**

3K & 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, 75-79, 80-84, 85 and over.

Questions: Call Roger Keel at 334-524-2884 or email at rkeel@mindspring.com.

Mail Check & Entry to:

Beulah High School Band Run
Attn: Ms. Christy Magbee
4848 Lee Road 270
Valley, Alabama 36854

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

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

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

Races (Circle ones you will run in person): 1 Mile, 3K, 5K,

Races (Circle ones you will run virtually): 1 Mile, 3K, 5K, Bonus Home Run 3K, Bonus Home Run 5K

First Name: _____ **Last Name:** _____ **Gender:** ___ **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*