

**March 20, 2010**

**Registration Fee:** 5K—\$20

Early Reg: 5K—\$15 before March 6th  
Anniston Runners Club \$12  
1 mile Fun Run/Walk - \$10

**T-Shirts:** All participants will receive a Strides of March T-shirt. First 100 pre-registered participants will have their choice of a long sleeve or short sleeve t-shirt.

**Awards:** Top three male and female finishers will receive a trophy and will be exempt from winning their age category. Awards will be given to top three male and female winners in each category and the winners of the fun run.

*Age Groups: (male and female)*

<i>14 &amp; under</i>	<i>30-34</i>	<i>50-54</i>
<i>15-19</i>	<i>35-39</i>	<i>55-59</i>
<i>20-24</i>	<i>40-44</i>	<i>60-64</i>
<i>25-29</i>	<i>45-49</i>	<i>65 &amp; over</i>



**\*\*Bring your pet and participate in the:  
City of Heflin's  
St. Pawtrick's Pet Parade  
11:00am  
Downtown Heflin**

**Registration Begins at 7:00 a.m.**

**Race Begins at 8:00 a.m.**

**Fun Run immediately following 5K**

**Awards immediately following the race in the PARD building.**

Prizes given for the smallest pet, best dressed, most unique, and largest pet.



Entry Form (Please Print)

5K ( ) Fun Run ( )

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: (M)  
(F)

Shirt Size: Adult (S) (M) (L) (XL) (XXL) Youth (M) (L)

Short Sleeve or Long Sleeve (circle)

**Release Form:**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by at decision of a race official relative to my ability to safely compete the run. I assume all risks associated with running or walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and or humidity, traffic and the conditions of the road and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself or anyone entitled to act on my behalf, waive and release Heflin PARD and all race sponsors, their representatives and successors of this event from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all fore-going to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Mail To: Heflin Parks and Recreation Dept.  
P.O. Box 128  
Heflin, Al. 36264  
Fax # 256-463-5669  
For more race info call: 256-463-5434**

