24th ANNUAL RUNNING WITH THE BAND IN BEULAH LAND

Saturday, November 14, 2026

Come run/walk a Mile or 5K in Beulah, 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
5K: 8:30 a.m. central time/9:30 a.m. eastern time
Bonus Home Runs 3K, 4K & 5K for points. Must run by November 14 and enter results at rkeel@mindspring.com

VIRTUAL RUNS

Run all five races between November 8 and November 14 and submit times by November 15
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, 2026/$25.00 if received after October 31, 2026
$25.00 for two races if received by October 31, 2026/$30.00 if received after October 31, 2026
$30.00 for three races if received by October 31, 2026/$35.00 if received after October 31, 2026
$35.00 for four races if received by October 31, 2026/$40.00 if received after October 31, 2026
$40.00 for five races if received by October 31, 2026/$45.00 if received after October 31, 2026

1Mile 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.**

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 form to: Beulah High School Band Run
Attention: Bookkeeper
4848 Lee Road 270
Valley, AL 36854

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

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

Races (Circle ones you will run in person):1 Mile 5K,
Races (Circle ones you will run virtually): 1 Mile 3K, 4K, 5K and Bonus 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*