

20th ANNUAL RUNNING WITH THE BAND IN BEULAH LAND



Saturday, November 5, 2022



RUN & SEE GEORGIA

Come run/walk a Mile, 4K, 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

4K: 8:30 a.m. central time/9:30 a.m. eastern time

5K: 9:30 a.m. central time/10:30 a.m. eastern time

**Bonus Home Runs 4K & 5K for points. Must run by November 8
and send results to rkeel@mindspring.com**



VIRTUAL RUNS

Run all five races between November 1 and November 8

Submit times by November 8 to rkeel@mindspring.com

Shirts and points will be given, but no awards for the virtual runs

Entry Fee:

\$20.00 for one race if received by October 22, 2022/\$25.00 if received after October 22, 2022

\$25.00 for two races if received by October 22, 2022/\$30.00 if received after October 22, 2022

\$30.00 for three races if received by October 22, 2022/\$35.00 if received after October 22, 2022

\$35.00 for four races if received by October 22, 2022/\$40.00 if received after October 22, 2022

\$40.00 for five races if received by October 22, 2022/\$45.00 if received after October 22, 2022

1 Mile Awards:

Top Female/Male: Overall, Beulah High & Elementary and top three 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. **Points will be given for the mile run.**

4K & 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, 80-85, 85 and over

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

Mail Check & Entry to:

Beulah Band Run

Attn: Roger Keel

2519 Lee Road 375

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, 4K, 5K,

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