



Strides of March

5k & Color Fun Run

March 20, 2021

REGISTRATION 7A

5K START 8A

FUN RUN 10A

\$15 - 5K until March 12th

\$25 - 5K after March 12th

****Special Early Sign- Up before March 12th!!**

**\$10 - 5k until March 12th Anniston Runners Club
or Teams of 5 or more**

Awards:

Top three male and female 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.

COLOR Fun Run

\$15 - FUN RUN/WALK UNTIL MARCH 14TH

\$20 - FUN RUN/WALK AFTER MARCH 16TH

\$10 - FUN RUN/WALK WITH 5K

REGISTRATION

Online Registration Available: www.runsignup.com

Entry Form (Please Print) 5K () Fun Run ()

Name: _____ M() F() Phone# _____ Age: _____

Address: _____ City/State/Zip: _____

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

T-shirts guaranteed for every pre-registered 5K race participant

Circle Age Group that applies:

11-un 12-15 16-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

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 Checks: Heflin Parks and Recreation Department
PO Box 128
Heflin, AL 36264

Questions: (256) 463-5434 or
Tperry@cityofheflin.org

 [@stpaddysonmain](https://www.facebook.com/stpaddysonmain)

Paid\$ _____ Check# _____ Cash _____ Online _____ BIB# _____