

5K Divisions & Awards

Overalls (Cash Award): 1st, 2nd, 3rd male & female

Masters: 40-49 1st male & female

Grand Masters: 50-59 1st male & female

Senior Grand Masters: 60+ male & female

Age Groups: 3 deep male & female
0-9, 10-14, 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+

5K Race Walk

Overalls: 1st, 2nd, 3rd male & female

1 Mile

Overalls: 1st, 2nd, 3rd male & female plus ribbons for all finishers

School Award

\$150 & trophy will be awarded to the school with the most participation (students, faculty, & parents can be included in count)

Course

Certified 5K (3.1 mile) AL14051JD
time called out @ each mile & 2 water stations along course

Timing and Results

Little Red Hen Productions

Shirts

Pre-registered runners are guaranteed shirts; day of race registrants will receive them as long as they last

Post Race

Publix (baked goods), fruit, & prizes.



Registration

In Person: Infirmity Fitness Center (Bay Minette) Fleet Feet Sports, McCoy Outdoor & Run-N-Tri in Mobile, or Running Wild in Fairhope until noon on Thursday, October 1st

By Mail: Entries must be postmarked by Saturday, September 26th

Online: active.com until 11:59pm October 2nd
facebook.com/heartofchampions5k

Late Registration (By Mail): Postmarked after September 26th & race day

*Packets may be picked up on Friday, October 2nd @ Bay Minette Municipal Pool Complex between 10am-6pm or on race day

Circle Choice



White

Grey

Black

Purple (on front)

Adult Sizes ONLY Gildan Performance Tech Shirt

S M L XL XXL

Adult & Youth Sizes Gildan T-Shirt

YS YM YL S M L XL XXL

Bay Minette Municipal Pool Complex



Make Checks Payable To:

North Baldwin Striders: 100 Hand Avenue
Bay Minette, Alabama 36507

Please check: 5K () 5K Race Walker ()

1 mile () adult () student ()

***Participants will be able to swim after run**

Postmarked by 9.26.2015

\$20 adult tech \$18 student tech
\$18 adult t-shirt \$15 student t-shirt
\$25 late registration (after 9.26.2015)

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Email _____

Age on Race Day _____ Sex _____

School Name _____

Waiver: In consideration of you accepting my entry, I intend to be legally bound for myself, heirs, executors, and administrators, and do hereby release and discharge the North Baldwin Striders, County of Baldwin, City of Bay Minette, and any sponsors of this event from any and all liability of any kind, arising out of my participation in this event.

Signature/guardian if under 18 & Date

*Contact Shawn Johnson for additional details
@ 251.689.7892 or bcpagie@yahoo.com