

Eleventh Annual
MY HERO 5K/1 Mile Fun Run/Walk
Double Springs, AL
Saturday, April 9, 2022 beginning at 8 a.m.

Course

The course starts and finishes at the Old Gateway Parking lot. It is a fairly flat course with a slight incline midway through the race. The streets will be blocked and protected by Double Springs Police, Reserve Officers and Fire Department. **Aid Stations are located at the Start/Finish line, and turn around point.**

Entry Fees

The entry fees are as follows:

\$25 for 5K (T-shirt not guaranteed after March 20)

\$10 for Fun Run/Walk (T-shirt not included, for an additional \$10 you can receive a T-shirt)

Pre-Registration

Complete and mail the following Official Entry Form with the entry fee to:

MY Hero Memorial Scholarship Fund
C/O Michelle Ward
P O Box 1243
Double Springs, AL 35553
For more information call (205) 272-2049

Fees must be received with entry forms.

NO PHONE ENTRIES WILL BE ACCEPTED.

Times

- Race Registration: 7:00- 7:45 AM
- 5K Start: 8:00 AM
- Fun Run/Walk: 8:45 AM
- Awards Ceremony: 9:30 AM

Race Awards & Door Prizes

Medals go to 1st place overall Male and Female winners. Medals go to the 1st, 2nd, and 3rd place winners in all age divisions. Male and Female overall winners will not be eligible for age group awards. T-shirts and goody bags guaranteed to the first 50 runners registered. There will be drawings for door prizes for participants only.

Find us on Facebook at: **MY Hero 5K/1mile Fun Run/Walk**
or call Michelle Ward at (205) 272-2049

*******Rain or Shine*******

In the event of inclement weather, no refunds will be given.

M.Y. HERO 5K/1 Mile Fun Run/Walk

5K _____ Fun Run/Walk _____

DOB _____ / _____ / _____

Age on April 9, 2022 _____

Name _____

Address _____

City _____ State _____

Zip _____ Sex F M

Phone _____ - _____ - _____

Email _____

T-Shirts included for all pre-registered 5K participants.
1 mile runners include additional \$10 for T-shirt (please circle size of shirt)
YS YM YL YXL S M L XL XXL XXXL

Your Age Division

12 & under _____ 13-19 _____ 20-29 _____ 30-39 _____ 40-49 _____ 50-59 _____ 60
& up _____

I realize that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all 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, for myself and anyone entitled to act on my behalf, waive and release the Town of Double Springs, Double Springs Police and Fire Department, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this M.Y. HERO 5K/ 1 mile Fun Run/Walk.

Signature (of parent if under age 18)

Date

Complete, write checks and mail to:

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