



# HEADLAND HARVEST RUN

## 5K Run & 1 mile Fun Run/Walk

Sponsored by the Headland Area Chamber of Commerce

**Saturday, September 24, 2016**  
**5K 8:00am; Fun Run 9:00am**  
**Headland, Alabama**

**PLACE:** Registration will begin at 7:00am in the gazebo on the square in downtown, Headland.

**COURSE:** Wheeled level course through downtown and beautiful residential areas of Headland. Aid/Water station at half-point; snacks furnished at end of the race.

**ENTRY FEE:** \$15.00 for 5K if mailed before September 16th; \$20.00 on race day. Fun Run/Walk registration is \$10.00. Pre-register to reserve your correct shirt size on race day.

**RUN/WALK:** Walkers must only walk. If you plan to run and walk, please register as a runner.

**AWARDS:** Awards to overall male and female, Male and Female Masters ( 40+), Grandmasters (50+), Senior Grandmasters (60+), and first, second, third place in the following age groups: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-up. *No duplication of awards.*

**AWARDS CEREMONY:** The awards ceremony will be held immediately after race completion on the square at the gazebo.

**ONE-MILE FUN RUN/WALK** will begin at 9:00 am with awards to all runners under 12 years.

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**Headland Harvest Run 5K Run/Walk and 1 Mile Fun Run/Walk Waiver**

I know 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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, 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 Headland Area Chamber of Commerce, Headland Harvest Run, the City of Headland, and all race sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the 2013 Headland Harvest Run 5K Run/Walk and 1 Mile Fun Run/Walk.

Name (print) \_\_\_\_\_ Age (on 9/26/15) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**Circle One:** 5K      Fun Run      Walk

**Circle Shirt Size:** Adult Sm      Adult Med      Adult Lg      Adult XL      Youth Med      Youth Lg

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*(Parent or guardian must sign if entrant is under 18)*

Make checks payable to the **Headland Chamber of Commerce** and mail to: **PO Box 236, Headland, AL 36345.**

For more information contact Mark & Theresa Alexander @ 796-7677, or Headland Area Chamber Office @ 334-693-3303, headlandalchamber@gmail.com. Information also available @ [www.headlandal.com](http://www.headlandal.com) or [www.dothanrunners.com](http://www.dothanrunners.com)