

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

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: North Baldwin Fitness Center until 6pm on Friday, October 3rd, McCoy Outdoor, Run-N-Tri both in Mobile, or Running Wild in Fairhope until noon on Wednesday, October 1st

By Mail: Entries must be postmarked by Saturday, September 27th

Online: active.com until 12am October 2nd
facebook.com/heartofchampions5k

Late Registration: Postmarked after September 27th & race day

*Packets may be picked up on Friday, October 3rd @ North Baldwin Fitness Center by 6pm or on race day

Circle Choices



Adult >>>> **Gildan Performance Tech Shirt**
Sizes ONLY Men Women

S M L XL XXL

Adult >>>>>> **Gildan T-Shirt**
& Youth Sizes

YS YM YL S M L XL XXL

"New Venue"
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

*Guests will be charged \$5 to swim

Postmarked By 9.27.2014

\$20 adult tech \$18 student tech
\$18 adult t-shirt \$15 student t-shirt
\$25 late registration (after 9.27.2014)

Name_____

Address_____

City_____State_____

Zip_____Phone_____

Email_____

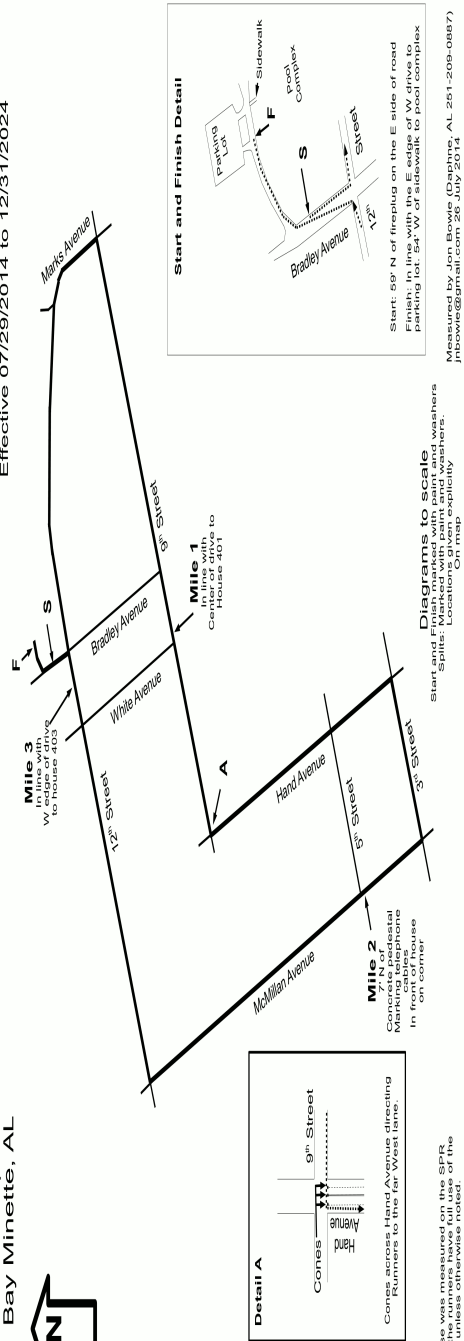
Age on Race Day_____Sex_____

School Name_____

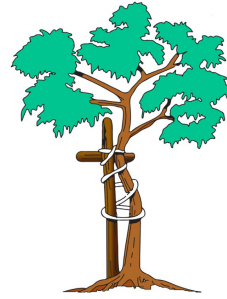
Waiver: In consideration of you accepting my entry, I intend to be legally bound for myself, heirs, executors, and administrators, and do hereby release and discharge the North Baldwin Striders, County of Baldwin, City of Bay Minette, and any sponsors of this event from **any and all liability of any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



Benefiting: North Baldwin Council on Aging
& North Baldwin Animal Shelter



- Bayside Medical Missions
- State Representative Harry Shiver
- Gulf Packaging, Inc.
- North Baldwin Fitness Center
- State Representative Alan Baker
- Cardiology Associates
- Baldwin Pole & Piling
- Attorney Bob Wills
- Carla M. Stewart of Edward Jones
- Sonny Dobbins Builders
- Bush Farms
- Baldwin EMC
- Robertson, Andreoli & Covington
- City of Bay Minette



Bay Minette Municipal Pool Complex
(1300 Bradley Avenue)
Saturday, October 4th
5K @ 8am
1 Mile @ 9am



Michael Williams Local Recruiter