

# General Information

## 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:

\$20 for 5k **before** March 31<sup>st</sup> (T-shirt included)  
\$25 for 5k **after** March 31<sup>st</sup> (T-shirt included)  
\$30 for 5k **day of** race (T-shirt not guaranteed)  
\$15 for Fun Run/Walk (T-shirt not included, for an additional \$10 you can receive a T-shirt)

**\*\*\*\*Entry fees must be received by April 1<sup>st</sup> to guarantee specific size T-shirt\*\*\*\***

## Pre-Registration

You can register online at **active.com** (Keyword: MY Hero) or runners may pre-register by completing and mailing the Official Entry Form in this brochure with the entry fee to:

Attn: Sandra Crowe  
C/O Winston Co Medical Clinic  
15341 Hwy 278  
Double Springs, AL 35553

For more information call 1-(205)-489-3322

**\*\*Make checks payable to Martin Young Memorial Scholarship Fund**

Early bird registration through March 31<sup>st</sup>  
**Fees must be received with entry forms.**

**NO PHONE ENTRIES WILL BE ACCEPTED.**

# General Information

You may drop your registration off at Winston County Medical Clinic or at Hendrix Health and Rehab in Double Springs.

## Race-Day Registration/ Check-In

Check-In and late registration will begin at 7:00 AM. Late registration will be \$30.00. Race will begin at 8:00 and the 1 mile Fun Run/Walk will begin at 9:00 AM.

\*Runners must check in on race day between 7:00-7:45 AM

## Race Awards & Door Prizes

Trophies go to 1<sup>st</sup> place overall Male and Female winners. Medals go to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 250 runners. There will be drawings for door prizes for participants only.

## Times

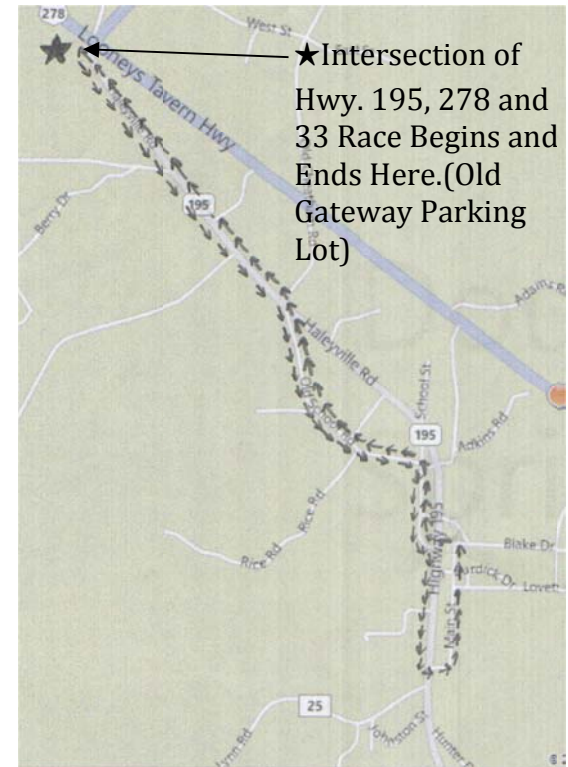
- Race Registration: 7:00- 7:45 AM
- 5K Start: 8:00 AM
- Fun Run/Walk: 9:00 AM
- Awards Ceremony: 9:30 AM

**Early Packet Pick-up at Hendrix Health from 5-7 p.m. on April 18<sup>th</sup>.**

## Directions to the 5K:

**From I-65 in Cullman:** Take Exit 308 to Hwy 278 West, travel 44 miles to the intersection of Hwy 278 and 195.

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



**Course Directions:** Race starts at the Old Gateway Parking lot at the intersection of 195, 278 and 33. From Start line head South on Hwy 195, turn (R) on Old School Rd. Turn (R) on School St, Turn (R) on Hwy 195 south turn (R) at Winston Co. Health Dept., circle drive, Turn (L) back onto Hwy 195, Turn (L) at Courthouse Annex, Turn (L) toward D.S. Elem. School, Turn (L) in front of school lunchroom and circle school, continue back to Old Gateway Parking Lot.

Parking available by Chevron and Lester's Grocery store. **Look for signs.**

**\*\*\*\*\*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 19, 2014 \_\_\_\_\_

Name \_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_

Zip\_\_\_\_\_ Sex F M

Phone\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

Email \_\_\_\_\_

**T-Shirts included for all 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

## 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 18)

\_\_\_\_\_  
Date

# M.Y. Hero 5K



THE MARTIN YOUNG  
5K / 1 MILE MEMORIAL  
FUN RUN / WALK

## 3rd Annual

Saturday April 19<sup>th</sup> 2014

Double Springs, AL