

Keep Athens-Limestone Beautiful, Inc.

## 2019 DUCK & RUN 5K

Saturday, September 21, 2019 at 7:00 a.m.

Big Spring Memorial Park, Athens, Alabama

**Entry Fee:** Pre-registration for 5K is \$20 and must be postmarked by 9/14/19.

Late and Race Day Registration is \$25.

Register online at [www.raceroster.com](http://www.raceroster.com). First 25 to register will receive a free entry into the Wacky Quacky Ducky Derby on Saturday, October 5<sup>th</sup> for a chance to win \$1000 or other great prizes! \*Must fill out form at packet pickup to be entered to win\*

**General Race Information:** Starting and ending point will be Big Spring Memorial Park

in Athens. There will be one water station mid-way through the course and splits will be called at each mile.

**Packet Pickup and Late Registration** will be **Thursday, September 19<sup>th</sup>** from 4:00 p.m. to 7:00 p.m. at Fleet Feet Sports-Huntsville and on **Friday, September 20<sup>th</sup>** from 4:00 p.m. to 7:00 p.m. at the **KALB office-125 East St., Athens, AL.**

**Race Day Registration** will begin at **5:45 a.m.** **5K Race** begins at **7:00 a.m.** **T-Shirts** Must pre-register to guarantee size.

**5K Awards Ceremony** will follow shortly after the fun run. Awards will be presented to first place overall male and female and first place masters (over 40) male and female, and to the first three finishers in both male and female age groups as follows: 10 and under; 11-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 and over.

**Prizes:** "Mid-Pack Award" and a cash drawing (must be at awards ceremony to win). Cash amounts for Mid-Pack and cash drawing will be determined by the number of registered runners.

**5K Course Information: Course Certification AL10016JD. Begins southbound on East Street at the Washington Street intersection.** Continues south on East Street to Forrest Street and turns right. Continues to Houston Street and turns right. Continues to First Avenue and turns right. Continues to Madison Street and turns right. Continues to Market Street and turns left. Continues to Marion Street and turns right. Continues to Forrest and turns left. Continues to Beaty Street and turns left. Continues to Big Spring Park and turns right into the parking lot. Continues to finish line a few feet before the park's dedication monument.

**FOR MORE INFORMATION:** Contact Eric or Leigh Patterson at [duckandrun5k@yahoo.com](mailto:duckandrun5k@yahoo.com), call 256-233-8000, or visit [www.duckandrun5k.com](http://www.duckandrun5k.com) for more information. All race proceeds benefit Keep Athens-Limestone Beautiful, Inc., a 501(C)3 non-profit organization. Visit [www.KALBCares.com](http://www.KALBCares.com) for KALB's upcoming projects, programs, events and more.

### REGISTRATION

Make checks payable to **KALB** and mail to: **KALB Duck & Run, P.O. Box 1089, Athens, Alabama 35612**

**NAME:** First \_\_\_\_\_ Last \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Gender** (circle one): M F **Date of Birth:** \_\_\_\_\_ **Age on 9/21/19:** \_\_\_\_\_

**T-Shirt Size (Adult)** S M L XL

**Emergency Contact Name:** \_\_\_\_\_

**Emergency Contact Phone Number:** \_\_\_\_\_

Scan for information or  
registration through  
[raceroster.com](http://raceroster.com)



### Read and Sign

In consideration of my acceptance as a participant in the KALB Duck & Run race, I hereby for myself, my heirs, executors and administrators, do waive and release any and all rights and claims for damages I may have against Keep Athens-Limestone Beautiful, Inc. any and all Duck & Run sponsors and any and all parties participating, their agents, representatives and assignees for any and all claims of liability. I understand there are certain dangers associated with any such athletic event and I certify that I am physically able to compete in this event.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Guardian (if under 18)

\_\_\_\_\_  
Date