

River Hills Run (5K and 1 Mile Fun Run)

11900 Highway 160 Hayden, Alabama

November 18, 2023

\$25 5K Early Bird Special (9/18/23)
\$30 5K Early Registration Fee (ends 11/16/23)
\$35 5K Race Day Registration

Male & Female Race Divisions:

1-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+



For more information, contact Joel Dixon at 205-566-6078
Or at jdixon0508@gmail.com

Registration forms can be mailed to:
River Hills Retreat Race Director, Joel Dixon
411 North Main Street
Columbiana, AL 35051



Checks should be made payable to Central Alabama Hutchinson Bell
Please include in your memo section: River Hills Retreat 5K

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Please return this portion with payment. Checks should be made out to Central Alabama Bell.

Name (Please Print)					

Address					

City		State		Zip	

Age		Date of Birth		Male/Female	

Phone & Email Address					
Circle Event:	5K	1 Mile	Sleep In		
Shirt Size: (adult)	S	M	L	XL	2XL
Shirt Size (youth)	YS	YM	YL		

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter any event 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 the event(s) including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic, and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing the risks and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release River Hills Retreat, LLC, Make It Your Own Rentals, the City of Locust Fork, all sponsors, volunteers, together with employees, contractors, subcontractors, directors, officers, agents, attorneys, and representatives from all claims of liabilities of any kind of character arising from my participation in this event or any related activity even though liability may arise from negligence or carelessness on the part of persons or organizations named in this waiver and release. I consent to use of photographs, videos, film, and sound recordings of this event for all legitimate purposes. I give permission to be contacted by interested media.

Signature: _____

Date: _____