



# 2010 BENDER'S GYM® Depot Days 5K and 1 mile Fun Run Hartselle, Alabama



**DATE:** September 18, 2010

**REGISTRATION FEES FOR 5K:**

\$15 Pre-Registration (by September 3rd), \$20 Late Registration (after September 3rd), \$10 **“No T-Shirt”** Registration

**5K Certified Run:** Participants should be at the starting point for check in and late registration between 7:00 and 7:40 a.m. (The starting point is the front parking lot of *Sparkman Civic Center, 406 Nanceford Road, Hartselle, AL*).

**Time:** The 5K race begins at 8:00 a.m.

**5K Age Divisions:** Top three men and women finishers in each age category will receive an award.

0-14    15-19    20-24    25-29    30-34    35-39    40-44    45-49    50-54    55-59    60-64    65+

**1 Mile Fun Run :** The Fun Run is a **FREE, non-competitive** run for children 12 years of age & under. Each runner will receive an award as they cross the finish line. Participants should check-in by 8:45 a.m. Starting point is at Sparkman Park on Adams Street (5k finish line).

**Time:** The Fun Run starts at 9:00 a.m.

**Miscellaneous:**

- **High Performance, Long-Sleeve T-shirts** will be given to the first 125 registered participants in 5k race.
- The course is a flat, fast route with a slight incline at the finish.

**FOR MORE INFORMATION CONTACT:** Hartselle Area Chamber of Commerce

(256) 773-4370 \* 1-800-294-0692, email: [hartsell@HIWAAY.net](mailto:hartsell@HIWAAY.net) , web: [www.hartsellechamber.com](http://www.hartsellechamber.com)



