

ALBERT THORNTON MEMORIAL RUN FOR VALLEY HAVEN 48th ANNUAL EVENT SATURDAY, MAY 4, 2024



Come run/walk a Mile, 4K (2.49 miles), 5K (3.1 miles) or all three at Valley Haven School

6345 Fairfax Bypass, Valley, AL 36854

1 Mile: 8:00 a.m. Eastern Time/7:00 a.m. Central Time

4K (2.49 Miles): 8:30 a.m. Eastern Time/7:30 a.m. Central Time

5K (3.1 Miles): 9:30 a.m. Eastern Time/8:30 a.m. Central Time

Medals for overall winners, masters winners, and 1st, 2nd, and 3rd place male and female in 10 year age groups for 4K and 5K.



BONUS HOME RUNS 4K & 5K FOR SERIES POINTS. MUST RUN BY MAY 6, 2024

Send results to rkeel@mindspring.com

VIRTUAL HOME RUNS

Run all five races between April 28 and May 6

Submit times to rkeel@mindspring.com by May 6

Shirts (with paid registration) and points will be given, but no awards for the virtual runs.

YOU DO NOT HAVE TO BE A SERIES PARTICIPANT TO RUN ANY OR ALL RACES.

You may run the three "on-site" races plus two virtual races to get your five, (or you may run all five races—including two 4Ks and 5Ks--as virtual home runs).

**VALLEY HAVEN SCHOOL
P O BOX 416
6345 FAIRFAX BYPASS
VALLEY, AL 36854-0416
334.756.2868 or 334.786.7801**

Run Location: Day of: Valley Haven School, 6345 Fairfax Bypass, Valley, AL 36854

ENTRY FEES FOR ON-SITE RUNS AT VALLEY HAVEN SCHOOL, SATURDAY, MAY 4 2024 ALL TIMES ARE EASTERN TIME

\$20.00 for one race if received by April 26, 2024

\$25.00 for two races if received by April 26, 2024

\$30.00 for three races if received by April 26, 2024

\$25.00 if received after April 26, 2024

\$30.00 if received after April 26, 2024

\$35.00 if received after April 26, 2024

Virtual Home Runs Between 4/29 & 5/6: anywhere you would like to run.

ENTRY FEES FOR VIRTUAL HOME RUNS

\$20.00 for one race if received by April 26, 2024

\$25.00 for two races if received by April 26, 2024

\$30.00 for three races if received by April 26, 2024

\$35.00 for four races if received by April 26, 2024

\$40.00 for five races if received by April 26, 2024

\$25.00 if received after April 26, 2024

\$30.00 if received after April 26, 2024

\$35.00 if received after April 26, 2024

\$40.00 if received after April 26, 2024

\$45.00 if received after April 26, 2024

2024 RUN FOR VALLEY HAVEN REGISTRATION

On Site: Saturday, May 4, 2024

Home Virtual Runs: Sunday, April 28, 2024 to Monday, May 6, 2024

Mail Check & Entry Form to Valley Haven School, Valley Haven - Run, P O Box 416, Valley, AL 36854

On-Site Runs at Valley Haven

1 Mile: 8:00 a.m. ET/7:00 a.m. CT 4K: 8:30 a.m. ET/7:30 a.m. CT 5K: 9:30 a.m. ET/8:30 a.m. CT

You may run the three "on-site" races plus two virtual races to get your five

(or you may run all five races—including two 4Ks and 5Ks--as virtual home runs).

Races (Circle ones you will run in person): 1 Mile 4K 5K

Races (Circle ones you will run virtually): 1 Mile 4K 5K 4K Bonus Home Run 5K Bonus Home Run

PLEASE PRINT:

Date of Birth: _____ Age: _____ Gender: _____

First Name: _____ Last Name: _____ Phone: _____

Street/Box: _____ City: _____ ST: _____ Zip: _____

Emergency Contact: _____ Phone: _____

Email Address _____

Circle One: Shirt Size: YS YM YL S M L XL XXL XXXL

Registration/Release Consent: In consideration of the furtherance of the purposes, objectives, and work of Valley Haven School and The Arc of the Chattahoochee Valley, Inc., and in consideration of their permitting me to participate in the Hike/Bike/Run, on behalf of myself, my parents, my heirs, executors, administrators and assigns, I or we hereby waive and release any and all rights and claims for damage which I or we may incur against Valley Haven School or The Arc of the Chattahoochee Valley, Inc., as well as any other injuries which I may suffer while taking part in the event or as a result thereof. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit to participate in this event.

Signature: _____ **Date:** _____

*Parent must sign if participant is under 18 year of age

More information is available by calling Valley Haven School at (334) 756-2868, visit our web site at www.valleyhavenschool.org, e-mail valleyhaven@valleyhavenschool.org.

Valley Haven serves children and adults with intellectual and developmental disabilities and their families. This run is part of the annual fund drive.