

5th Annual Forging Families 5K Run/Walk and 1 mile Fun Run

January 6, 2024 8:00 a.m. Columbiana, Alabama

- \$35 10K Early Registration (by 11/17/23)
- \$40 10K Registration
- \$45 10K Race Day Registration
- \$25 5K Early Registration (by 11/17/24)
- \$30 5K Registration
- \$35 5K Race Day Registration

- \$15 One Mile Fun Run Registration (by 11/17/23)
- \$20 One Mile Fun Run
- \$20 Sleep In Special (receive race t-shirt)

Male & Female Race Divisions:

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

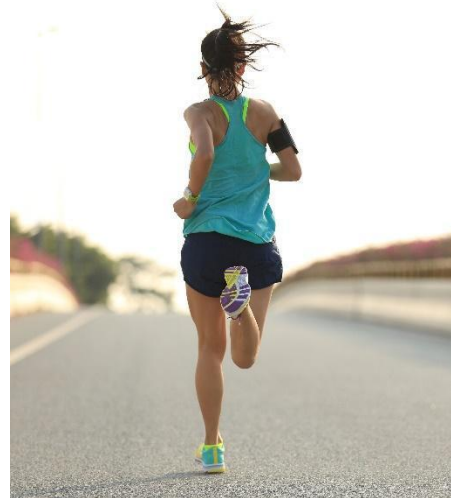
For more information, contact Joel Dixon at 205-566-6078
Or at jdixon0508@gmail.com

Online registration is available at the [FF5K10K site](#)

Registration forms can be mailed to:



FF Race Director, Joel Dixon
411 North Main Street
Columbiana, AL 35051



Checks should be made payable to Sacred Selections.
Please include in your memo section: Forging Families Run.

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Please return this portion with payment. Checks should be made out to Sacred Selections.

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|-----------------------|---------------|-------------|--------|----------|
| Name (Please Print) | | | | |
| Address | | | | |
| City | State | Zip | | |
| Age | Date of Birth | Male/Female | | |
| Phone & Email Address | | | | |
| Circle Event: | 10K | 5K | 1 Mile | Sleep In |
| Shirt Size: (adult) | S | M | L | XL |
| | (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 Sacred Selections, Runners for Sacred Selections, the City of Columbiana, 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.