22nd Anniversary * Fultondale Stampede 5k Run

AKA Sammy's Waiting on the Doctor Run
AND STILL MOVING WITH
SAME OLD KNEES

(With special guest all the way from Nebraska, Mr. Tom Osterbuhr)
Benefiting 'The Fultondale Fire Department'
Sponsored by 'FULTONDALE GAS,
MILESTONE UNIVERSITY CREDIT UNION
&
FULL MOON BBQ
Stampede 5K Race Director: Sammy Morris (205) 849-5740

When: Saturday, June 15, 2013

Where: Walkers Chapel Church, 1525 Briscoe Street, Fultondale, AL

Distances: 5k and 1 Mile Fun Run/Walk
5k Course is U.S.A.T.F. certified

Start Times: 8:00 am for the 5k Race *****Walkers Welcome!!*****

Age Groups 5k: 10& under, 11-14, 15-19, 20-24, 25-29, 30-34, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
Special Clydesdale Division: 1st Male over 200 lbs, and 1st Female over 160 lbs.
Unique Wild Stallion Awards will be given to the top 3 overall male and female, master, grandmaster, and great-grandmaster, and to the top 3 male and female of each group. Overall winners are excluded from age group awards.

In honor of Dr. Arthur Black and his contribution to the running community in the Birmingham area, a very special Dr. Arthur Black Award will be presented to the 1st Male or Female 5K finisher of 80 years of age.

Specially designed Stampede Stallion Caps to all registered runners and walkers. First 300 registrants will receive caps the day of the race. Others will receive caps in 2 weeks.

Post-race goodies for all registered runners and walkers. *Huge* selection of fruit, cookies, soft drinks, plus pizza!

Do Not Miss the Post-race Gala Give Away – Wild & Crazy
FLAT SCREEN TV GIVEN AWAY TO ONE LUCKY RUNNER COURTESY OF
MILESTONE UNIVERSITY CREDIT UNION – Only registered runners are eligible and winner must be present.

Register at any Trak Shak location or Hibbett's Sporting Goods in Gardendale or Fultondale.
Pre-Registration (by June 13, 2013): $20.00 & 1 canned good
Race Day Registration: $30.00 & 1 canned good
All canned goods will be given to the less fortunate in "our" community, please be generous!
Complete Pre-registration form on reverse side.