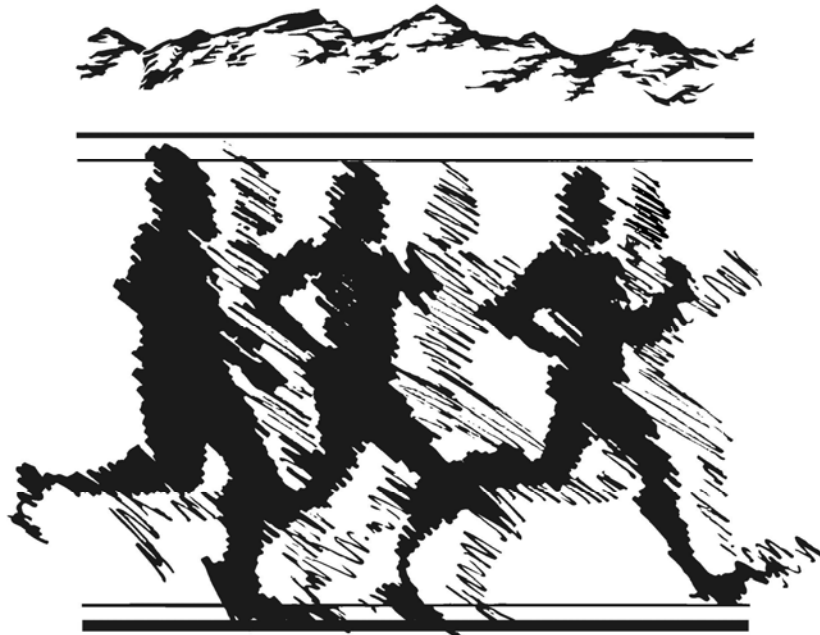


**Eighth Annual
High Country 5K Run/Walk
1 Mile Fun Run**



Featuring: Jeff Galloway

Shades Crest Baptist Church

452 Park Avenue

Hoover, AL 35226

Family Life Center: 205-822-1750

Saturday, April 4, 2009

at 8:00 AM

SCHEDULE OF EVENTS

Friday, April 3, 2009

4:00 PM - 8:00 PM Pre-registration packet pick up in the Shades Crest Family Life Center

6:00 PM - Pasta on Park Avenue - Dinner in the Fellowship Hall for entrants and their families

Saturday, April 4, 2009

6:30 - 7:45 AM - Late registration and packet pick up in the Family Life Center

8:00 AM - 5K Run

9:00 AM (approximate time) - 1 Mile Fun Run

After Run - Free Pancake Breakfast

9:15 AM (approximate time) - Awards Ceremony featuring Jeff Galloway

10:00 AM - 1:00 PM - **Jeff Galloway Running School**

Jeff Galloway Running School

Following the 5K awards ceremony, Jeff will conduct a 3 hour running school limited to 30 students.

Cost: \$99 per person

The price includes 5K entry fee, lunch and the sessions with Jeff. To register for the school, contact Chuck Williamson at 205-822-1750 or cwilliamson@shadescrest.org.

ENTRY FEES

- 5K Run - **\$15.00** (pre race day) **\$20.00** (day of race)
- 1 Mile Fun Run - Free (Shirts will be available for \$10 each)
- Family Max Fee - **\$40.00** (pre race day) **\$50.00** (day of race)
- Rain or Shine: No refunds

T-SHIRTS

An official High Country 5K t-shirt will be guaranteed to the first 300 registered. All others will be ordered for a later pick up.

RACE FEATURES

- Time splits given at each mile
- Refreshments at start and finish
- Course monitored by Hoover Police Department
- BTC Managed, RRCA Sanctioned & USATF Certified Course
- Certification Code #AL03006JD



LOCATION

Races will begin at Shades Crest Baptist Church, 452 Park Avenue in Hoover (Bluff Park). **Directions to the church: from Highway 31 in Hoover**, turn onto Patton Chapel Road, go 4 miles to the traffic light at Park Avenue and turn right, the church is 3 blocks away on the left; **or from Highway 150**, turn onto Shades Crest Road, turn right at the 2nd traffic light onto Park Avenue, the church is a few blocks away on the right; **or from I-65 South**, take the Alford Avenue exit and continue right on Alford until it dead ends, turn right and then a quick left onto Valley Street, go until it dead ends, turn left onto Park Avenue, the church is a few blocks away on the right. For more information, call us at 822-1750 or check out our web site at www.shadescrest.org.

AWARDS

Awards will be presented to the top finishers for the 5K Run in male and female divisions. Awards will also go to the top three finishers in each age division. Overall finishers will not be eligible for age division awards. Awards for the 1 Mile Fun Run will go to the top male and female finishers. Others will receive a participation award.

INDIVIDUAL AGE DIVISIONS

5K Run - Male

Overall	35-39
Masters	40-44
14 & under	45-49
15-19	50-54
20-24	55-59
25-29	60-64
30-34	65 & up

5K Run - Female

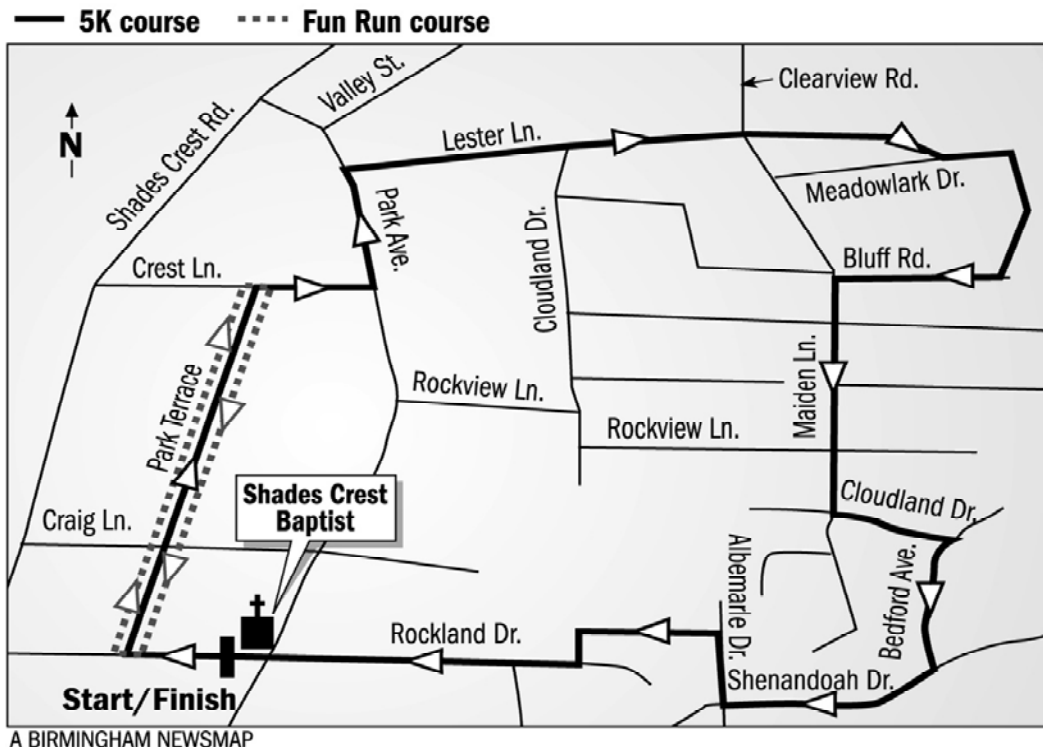
Overall	35-39
Masters	40-44
14 & under	45-49
15-19	50-54
20-24	55-59
25-29	60-64
30-34	65 & up

Course Records

Top Male
Scott Strand - 15:55.3 (2006)
Top Female
Johanna Siemon - 18:42.1 (2004)

Course Map

Register Online At active.com



To Enter High Country 5K Run, please fill in the information below and mail as indicated. Please use a separate form for each entrant.

5K Run: **\$15.00** (pre race day) **\$20.00** (day of race)
 Registration is not required for the free 1 Mile Fun Run. Race t-shirts will be available for \$10 each.

Family max (must reside at same address) **\$40.00** (pre race day) **\$50.00** (day of race)

Male Female Age as of 4/04/09 _____ D.O.B. ____/____/____ BTC member yes __ no __

Do you plan to attend the **FREE PASTA DINNER** for you and your family on Friday, April 3 at 6:00 PM?
 If yes, how many will attend _____
 Do you plan to attend the **FREE PANCAKE BREAKFAST** after the run? If yes, how many will attend _____

Last Name _____ First Name _____ M.I. _____

Address _____ City _____ State _____ Zip _____

Phone: Work _____ Home _____ Email _____

Circle T-Shirt size (All sizes are adult sizes) Small Medium Large X-Large XX-Large

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless Shades Crest Baptist Church, the city of Hoover, the Birmingham Track Club or any other sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video tape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Entrant's Signature _____ Date _____

Parent/Guardian Signature if entrant is under 18 _____ Date _____

Make checks payable to Shades Crest Baptist Church.
Mail to: High Country 5K, 452 Park Avenue, Hoover, AL 35226.
Mail-in registration forms must be postmarked no later than March 29, 2008.

Thanks to Our Sponsors

- Brian's Carpet & Tile : 425-3239
- James Harwell, Realty South : 281-4731
- Karst Environmental: 979-4320
- Office Environments Inc: 443-8300
- Representative Paul DeMarco
- Steve Jackman State Farm Agency : 823-7700
- The Bostick Group: Employee Benefits & HR Consulting 978-9685
- The Trak Shak (Two Locations: Homewood & 280)
- Unique Feet : 733-8238

Shades Crest Baptist Church

Mission Statement:

"As part of the body of Christ, the mission of Shades Crest Baptist Church is to experience and share the love and power of the Kingdom of God."

Sunday Schedule

9:15 a.m. Bible Study
10:30 a.m. Worship
5:30 p.m. Vespers

Dr. Dennis Foust, Pastor