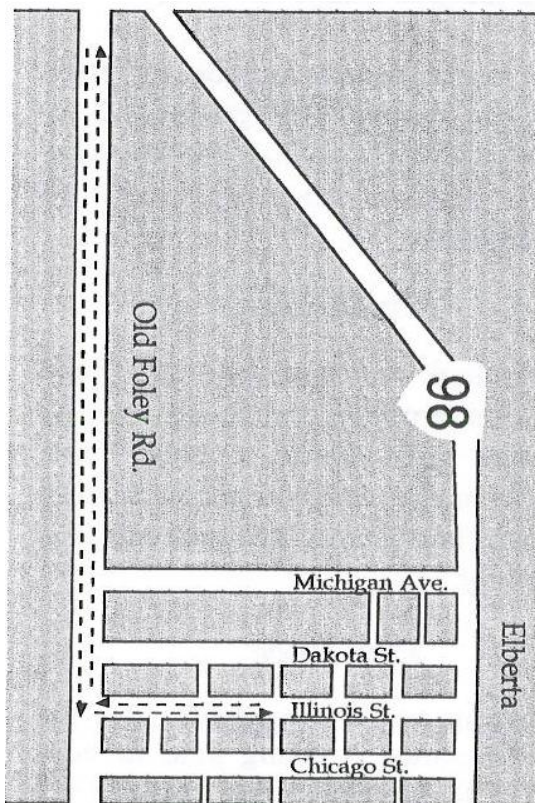


- * T-shirts to the first 100 registrants
- * Refreshments and Festival activities

Course

Both the 5K and 1 Mile run/walk will go through the residential community of Elberta. The route is clearly marked on the map. The course is predominately flat and fast. A water station is at the turn around.

FROM PENSACOLA: HWY 98 through Lillian to Elberta. Turn left two blocks after the traffic light.
FROM I-10: Take HWY 59 south to the Foley Beach Express. Turn left at the first light on Beach Express is HWY 98. Turn left. Turn right on Illinois Street. (Immediately after Post Office)



5K Awards

Trophies will be awarded to the top overall male and female finishers; 1st overall male and female finishers for age group (0-12), Masters (40-49), Grand Masters (50-59) and overall Seniors (60-over). Also, awards will be given for the top three finishers in each age group and overall 1st and 2nd place awards for Race Walkers.

Age Divisions Male and Female

8 and under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, Over 80

Disciple Dash Awards

Disciple Dash Awards include 1st overall male and female. Age groups 8 and under, 9-11, 12-14 will have awards for top three finishers.

Awards Presentation

10:30 a.m.

Registration

NON-REFUNDABLE

\$15.00 if postmarked by April 1st

Disciple Dash

P.O. Box 819 Elberta, AL 36530

LATE REGISTRATION

NON-REFUNDABLE

\$20.00 Friday, April 23, 2010, from 4:00 - 6:00p.m. at Saint Benedict School Gym.

\$20.00 Race Day 6:30 -7:30 a.m.

PACKET PICK-UP

12786 South Illinois St, Elberta, AL
 Friday, April 23 from 4:00 -6:00 p.m. and on race day from 6:30 - 7:30 a.m. at the Saint Benedict School Gym.

Post Race

Refreshments will be available after the finish. The race is being held in conjunction with the GERMAN FESTIVAL.

**ENJOY GERMAN CUISINE
and LIVE
ENTERTAINMENT!
10:00 - 5:30**