46th Annual
Winston Howell
5K Road Race

Saturday, March 2, 2024 Hartford, Alabama

Race Day Registration begins at 7am at Hartford Fire and Rescue
503 South 3rd Avenue, Hartford, AL 36344

Proceeds Benefit Hartford Fire and Rescue
and McGregor-McKinney Public Library

Time: Registration starts at 7:00 am and Race starts at 9:00 am

Course: 3.1 miles – Start from Johnny Hughes Community Center, 405 S 3rd Ave., North up 3rd Ave; Right (east) on Highway 52; Left (north) on Newton St; Left (west) on Highway 123; Cross the north side of the square; Continue on Commerce St; Left (south) on 8th Ave; Left (east) on Highway 52; Right (south) on 3rd Ave; Finish line at Hartford Fire and Rescue.

Age Groups: Male & Female – 14 under; 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; 80 and Up

Awards: T-shirts to all registered – Trophy to Overall Male and Female – Medals to Male and Female Masters (40-49); Male and Female Grand Masters (50-59); Male and Female Senior Grand Masters (60-69); Great Grand Masters (70 and Up); Top 3 Male and Female in each age group; Top 3 Male and Female walkers.

Early Registration Fee: $20 age 19 and over - $15 age 18 and under (deadline February 10, 2024)
Fee after February 10, 2024: $25 age 19 and over - $20 age 18 and under

Mail Entry & Check To: **Hartford Fire and Rescue**
PO Box 183
Hartford, AL 36344

Information: Winston Howell (334)390-1259; **Mark Shehee** (334)588-0906 hfrchief@cityofhartford.org;
Stephanie Riley (334)588-2384 librarydirector@hartfordpubliclibrary.org

Nick Costas, '56 Olympian and Winston Howell were founders of Wiregrass Road Racing in 1976. Winston "Reb" Howell started running Dec. 7, 1959 and has raced 41,000+ miles and is 2016 Inductee to Wiregrass Sports Hall of Fame. Course records are held by Will Scott (18:44) and by Leah Taylor (20:16). All kids are welcome to participate.

In consideration of my acceptance in the Winston Howell 5,000 Meter Road Race, I waive any and all claims for myself and my heirs against race officials, sponsors, or beneficiaries or the City of Hartford for injury or illness with may directly result from my participation in the race. I further state that I am in proper condition to participate in this event.
( ) **WALK** ( ) **RUN**

Name_____ **Sex**_____ **Age as of 3/2/2024**_____

Address_____
Street or PO Box City State Zip

Signature in Full_____ **Email**_____