

41st Annual
Winston Howell



5k Road Race



Walk or Run

Sat. March 9th, 2019 Hartford AL

Race Starts at Hartford National Guard Armory, Hwy 52 and 167

Sponsored by Hartford Fire Rescue benefiting Hartford Fire Rescue

Time: Registration starts at 7:30 a.m. and Race starts at 9:00 a.m.

CST

Course: 3.1 miles- From Armory, E. on Hwy 52; left at Brannon Auto on Newton St. left at stop on Slocomb Rd. to Hwy. 123(Main St.), left(W) on 123; left on 4th Ave. at Square; right at Police Station on Hwy 52(Main St.) going west, back to Armory.

Course Record: Female-Dana Cody 21:20
Mail- Dale Thomas 16:58

Age Groups: Male- 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 and up
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 and up

Awards: T-shirt 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 Walkers; and 1st-3rd in each age group.

Early Registration Fee: \$20 age 19 and over - \$15 age 18 and younger
\$25 age 19 and over - \$20 age 18 and younger the day of the race

Mail Entry & Check To: Hartford Fire Rescue
P.O. Box 183
Hartford AL, 36344

*Contact
Winston
334-449-0954*

Information: (334) 726-5993 (Andy Hovey) ah5205@gmail.com
Nick Costas, '56 Olympian, and Winston Howell, founders of Wiregrass Road Racing 1976.
Winston "Reb" started running Dec. 7, 1959 – until present. 1700 races for 36,000 – 2016 Wiregrass Hall of Fame

Sponsorship Opportunities

Gold - \$200 Donation- Large name on t-shirt, sign at registration and listed on race websites;

Silver - \$100 Donation – Name on t-shirt, sign at registration and listed on websites

Bronze - Donation – Small name on t-shirt and listed on race websites.

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 officials or sponsors, City of Hartford or Hartford Fire Rescue for injury or illness which may directly result from my participation in the race. I further state that I am in proper condition to participate in this event.

Name _____ Sex _____ Age as of 03-09-2019 _____

Address _____
Street or Box _____ City _____ State _____ Zip _____

Signature in Full _____ email _____