

Graham Creek Nature Preserve at 23460 Wolf Bay Drive Foley, AL 36535

October 4, 2014
9:00 AM

## THE CRAWL BENEFITS GRAHAM CREEK NATURE PRESERVE AND ITS EDUCATIONAL PROGRAM

Competitive 5 Mile: 5 mile race course for individuals that wish to test their agility, strength, and endurance. Run, jump, and claw your way through miles of rugged terrain, water, and surprise obstacles along the way.
 5K Fun Run: Gather your friends into a team or compete individually along this unique course complete with water, obstacles, and mud perfect for those looking to enjoy the challenge.

Pre-register online (www.Active.com) until 10:00 PM October 3, 2014 or by mail or in person at 200

North Alston Street in Foley. First 200 registrants receive race shirts.

Packet pickup: 10.3.14 from 4:00 - 6:00 PM and 10.4.14 starting at 7:00 AM

\*There will be NO day of race registration!

## 5 Mile:

Early Registration (up to 9.19.14) - \$45

**Registration** (9.20.14 - 9.29.14) - \$55

Late Registration (after 9.29.14) - \$65

\*Participants must be 14 years old or older on race day

## 5K:

Early Registration (up to 9.19.14) - \$35

Team (3-6 racers) - **\$30** 

**Registration** (9.20.14 - 9.29.14) - \$45

Team (3-6 racers) - **\$40** 

Late Registration (after 9.29.14) - \$55

Team (3-6 racers) - **\$50**\*Participants must be 10 years
old or older on race day

## **Awards:**

5 Mile Top Male and Female Overall and First Place in Age Groups: 29 & Under; 30-49; 50 & Over. 5K Top Male and Female and First and Second Place Teams

The City of Foley offers 10 hotels within a 5 mile radius of the Preserve.





Post Race Party to include Music, Food and Beverage with Door Prizes to be Awarded