



5K Race Rules

Saturday, June 11, 2022 (all times are Central Time Zone)

6:00 am: Registration Opens & Packet Pickup

6:45 am: 5K Registration & Packet Pickup Closes

6:45 am: Race Announcements

7:00 am: 5K Starts

8:15 am: Awards

Race Day Location:

Ed Lizenby Lake

861 Myrtle Drive

Ozark, AL 36360

AGE GROUPS

8

9-11

12-15

16-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59
60-64
65-69
70-74
75+

PROOF OF AGE IS REQUIRED to pick up your packet. Parents/coaches must show a picture ID in order to pick up the packet for their youth participants.

All participants will receive a participant medal.

How to wear your Bib Number:

Please wear your Bib Number on the **FRONT** of your shirt during the race. [Example] Remember to bring your Bib Number Race day. No Bib Number means no recorded time in the 5K.

5K - Awards - 8:15am (Subject to change, check back)

Male and Female 5K Awards to:

Top Male/Female Overall

Top 3 in 5 year age brackets from 0-8, 9-11, 12-15, 16-19, 20-24, 25-29,

30-34, 35-39, 40-44, 45-49, 50-54, 55+59, 60-64, 65-69, 70-74, 75+ (5K Only)

Overall & Age Group Awards will Not be duplicated.

This is an unsanctioned event, but USA Track & Field (USATF) rules will be used as a guideline. This includes but is not limited to unsportsmanlike conduct, headphones, race numbers, abandonment of personal items, and racecourse rules. For a complete list of rules, please refer to the most up to date USA Track & Field rules at

<https://www.usatf.org/governance/rule-books>.

Bandit Policy:

Bandits are unregistered runners or walkers attempting to participate in the run or walk events. Running with No registration is not permitted in the 5K. Please be sure to register for the Alabama State Games 5K so that you can enjoy all that the race has to offer. Everyone in the 5K will need to wear their Bib Number that shows you are a registered participant. All proceeds of the event go to the **ASF Foundation**.

Pets at the Race: All pets must be on a leash. Please clean up after your pet. The actions of the pet are the responsibility of the pet owner/caretaker.

Strollers at the Race: If you are participating with a stroller and/or children, we ask that you keep your children with you at all times and that you start from the back of the starting line. This will allow your family members, and our other participants, a safer race experience.

NOTE: This event will occur rain or shine, warm or cold. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds, rather, your entry fee will be used as a donation to [ASF Foundation](#).

WHAT ABOUT COVID-19?

All decisions concerning the Alabama State Games are made on a safety-first basis, as we consult with State and Local officials. We will take every action at the time of the Games to ensure the health and safety of our athletes, families, officials, and volunteers. We will follow the guidance of the Alabama Department of Health, our host venues, and our host communities; the cities of Dothan, Ozark, and Enterprise, and the counties of Houston, Dale, and Coffee, including Fort Rucker.