Crimson Couch to 5K Walk/Run Event

Sunday, November 16, 2014

Pre-registration & festivities begin at 12:30pm

10K starts at 1:45pm • 5K starts at 2:00pm

CRIMSON COUCH TO 5K

We welcome UA employees, spouses, dependents & community members to participate in our annual 5K/10K event.

For more information please contact:
The Office of Health Promotion & Wellness
348-0077, wellness@ua.edu, wellness.ua.edu

Location:
- The University of Alabama | UREC Outdoor Pool Complex

How to Pre-Register:
- Complete form below
- Make check payable to: 'The University of Alabama'
- Submit form & payment **by Friday, Nov. 14** to The Office of Health Promotion & Wellness in 1 of 2 ways:
  - 321 Russell Hall Tuscaloosa, AL 35487
  - Campus Mail: Box 870367

T-shirts:
- Given to all registered participants, while supplies last.

Event Packet Pick-up Locations:
- Final CC25K check-ins:
  - Nov. 5 Quad 10:00am - 2:00pm
  - Nov. 6 UMC 7:30am - 9:30am
  - Nov. 6 Ferguson Center 11:30am -1:30pm
  - Nov. 7 Russell Hall 10:30am -1:30pm
- Wellness.ua.edu for specific location information

On-Site Registration:
- Sunday, Nov. 16, 2014 | 12:30-1:30pm | UREC Outdoor Pool Complex

ENTRY FORM

Participants First Name _____

Participants Last Name _____

Phone _____

Email _____

Shirt Size: __S __M __L __XL __2XL __3XL

Male__ Female ___ Age ____

Indicate your event participation: 5K ___ 10K ___

- ☐ CC25K 9-week Program Participant: **Free**
- ☐ Kids Under Age 18: **Free**
- ☐ Individuals Pre-registered: **$10**
- ☐ On-site Registration: **$15**

Instructions: Individuals who are **not** part of the Crimson Couch to 5K program please make checks payable to:
The University of Alabama

Entry forms must be submitted by November 14th to qualify as 'pre-registered'. Entry fees are non-refundable and non-transferable.

Assumption of Risk, Waiver and Release, and Permission for Use of Photo/ Participation in Event: I desire to participate in the Crimson Couch to 5K Event organized by the University of Alabama's Office of Health Promotion and Wellness. I know that running and walking are potentially hazardous activities. I understand that I should not enter and run or walk unless I am medically able and properly trained. I accept full responsibility for making this decision. Notwithstanding that this is my responsibility, I agree to abide by any decision of an event official who requests that I not participate due to concerns about my ability to safely complete the event. I hereby certify that I am in good health and I have trained to run or walk the distance of the event which I am entering. I assume all risks associated with running or walking in this event including but not limited to: soreness, falls, contact with other participants, the effects of weather, such as, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and having knowingly and voluntarily assumed the risks associated with participation in a 5K event, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The University of Alabama's Office of Health Promotion and Wellness, its directors, assistants, volunteers and employees from all claims or liabilities of any kind arising out of my participation in this event regardless of who is at fault. **I understand there are to be no bicycles or dogs on the route once the 5K event has started.**

_____ **(initial)**

I grant permission to all of the foregoing to use photographs of myself, recordings including myself or any other record of my participation in this event for any legitimate purpose, either online or print including publicity purposes associated with University wellness programs.

Signature: _____ Date:_____

Parent's Name & Signature: _____
(if participant is under 18 years of age)

Official Use Only : Date _____ Bib # _____ Cash _____ Check # _____ 5K_____ 10K _____