CC25K Frequently Asked Questions:

What is the Crimson Couch to 5K/10K 5-week Training Program?

- A 5-week physical activity and wellness program, designed specifically for UA faculty and staff to complete on their own. Providing tools and resources to help motivate individuals to move more, feel better, and improve their quality of life. Track your activity online through the wellness portal during the 5-week training period.

Who can participate in the 5-week program?

- UA faculty & staff can participate individually, or on teams up to 5.

Can I just sign up as an individual and not as a team?

- Yes, you will be the team captain and the only member of your team.

Can someone add non-UA team members to team?

- No, you must be a Faculty-Staff member at the University of Alabama. They will not be able to use on-line tracking if they are not faculty or staff.

Can Graduate Students be on a team?

- Yes. Graduate students may be on a team with at least one faculty/staff person as a Team Captain.
- Graduate students cannot be a Team Captain.
- There cannot be a team of only graduate students. The online registration system will not accept some Graduate Student’s bama or crimson emails. If this occurs, email wellness@ua.edu, the name of the Graduate Student, the TEAM name, training program and t-shirt size. We will keep these individuals on a separate list.
- Graduate students will not be able to use the on-line tracking option.

When do I need to ‘check-in’ and what does that entail?

- We no longer require attendance at “check-ins”. To celebrate the start of the 5-week training program we will host a CC25K kick-off is February 28th from 11:00 am -1 :00 pm at the Ferguson Center Great Hall. You will receive training and event registration information. Event packets (bib number and t-shirts) can be picked up on April 2nd and 3rd.

Program KICK-OFF:

- Friday, February 28: 11:00 am-1:00 pm, Ferguson Center Great Hall
Packet Pick-ups:

- Thursday, April 2: 2:00-4:00 pm in Ferguson Center courtyard
- Friday, April 3: 11:00 am – 1:00 pm in the Ferguson Center courtyard AND 3:00-5:30 pm UREC Outdoor Pool Complex
- Saturday, April 4: 5:00 pm – 7 pm UREC Outdoor Pool Complex

What else is involved in the program?

- Train with your team or on your own by following the CC25K training program (available online & at check-in locations) and tracking your daily activity through the wellness portal. You must enter your activity for the entire 5-week training to receive program credit towards your WellBAMA Rewards.

When is the CC25K event?

- The main event will be Saturday, April 4, 2020 at the UREC Outdoor Pool Complex at 7:00 PM.

What is the cost for the 5K/10K event?

- Online event registration is required for all participants (5-week program participants’ fee will not be waived for 2020 event). Event t-shirts will be distributed to those registered for the event.
- Registration fees:
  - $15 – before April 1
  - $20 – On-site