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 online 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 students’ 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 online tracking option.

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

- We will not be having a check-in or an in-person kickoff for the start of the training program, but those signed up for the CC25K event can pick up their t-shirt and goodie bag from campus on April 2. Pickup locations will be announced prior to the event via email and our website.

What else is involved in the program?

- Train with your team or on your own by following the CC25K training program (available online) 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 3, 2021 following the same route as previous years (beginning and ending at the UREC Outdoor Pool Complex). Participants can choose the 5K or 10K route to run or walk and may complete the activity at any time on April 3. Opportunities to win prizes can be found along both routes.

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

- Online event registration is required for all participants. Event t-shirts will be distributed to those registered for the event.
- Registration fee: $5