

1<sup>st</sup> Annual Holy Spirit



# Titans for Tuscaloosa

5K Run/Walk  
1 Mile Fun Run

&

Food Drive

T-shirts to the first 75 registered 5K entrants

**Saturday, January 28, 2012**

**8:00 am**

**Registration 7:00 am**

**Entry Fee: \$15.00 before 1/10/12**

**\$20.00 after 1/10/12**

**\$10.00 for 1 Mile Fun Run**

**Make checks payable to:**

**HSAA**

**Mail registration forms to:**

**601 James I Harrison Pkwy East Tuscaloosa, 35405**

**\*\*Please bring canned food items to support Catholic Family Services Food Pantry\*\***

**Sokol Park**

**Registration and Race begins in parking lot on Ol'Colony road entrance**

**For more information contact: Allison Fuller (205) 826-5205**

**Proceeds benefit Holy Spirit Athletics  
& the Tuscaloosa storm relief effort**

**Awards**

**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place in Each Category – Female & Male**

**DOOR PRIZES will be awarded after the race**



PLEASE PRINT CLEARLY:

Name: \_\_\_\_\_ Sex: M F

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Shirt size: S M L XL XXL

Age: \_\_\_\_\_ (as of date of race) Date of Birth (MM/DD/YYYY): \_\_\_\_\_

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Sponsor, and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials and employees from any and all liability, claims, demands, actions or cause of action whatsoever arising out of, or related to, any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Parent or Guardian for entrants under 18)



**Belle La Vie Day Spa ~ Cypress Inn ~ Gilda's ~ Jason's Deli ~ Panera ~ Publix ~ Sam's Club ~ Sport's Clips ~ The Athlete's Foot**