

TROTTIN' FOR TR 5K



Saturday, February 28, 2015

Location: SOKOL PARK

REGISTRATION:

\$20, 5K

\$25, Race Day

At any PARA Center or online @ www.tcpara.org

For more information, please contact LeTrice Prince-Koon
or Keith Jenkins at 562-3230 or by email,
lprince@tcpara.org or kjenkins@tcpara.org.

BENEFITS Para's Therapeutic Recreation Program

1 MILE FUN RUN/WALK

Registration Fee: \$10.00

****Without T-shirt**

Race day registration: 7:00 AM

5K race will begin @ 8:00am

****1-mile fun run/walk will immediately follow**

****Includes T-Shirts to first 100 entries**

For the 5K Race ONLY

Make Checks Payable To: PARA

2200 Rock Quarry Drive

Tuscaloosa, AL 35406

I am participating in the Trottin' for TR 5K race on behalf of _____.

Name: _____ EMAIL: _____ @ _____

Address: _____

City: _____ State: _____ Zip Code: _____

Sex: F / M Age: _____ Birthdate: _____ T-Shirt Size: _____ L _____ XL _____ XXL

I individually, (and/or 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 (Tuscaloosa PARA) and all other supporting groups of this said race event, together with all of their officers, agents, officials, volunteers, 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 damages, including death, relating to my participation in the aforesaid event. I further state that I am in proper physical condition and have trained properly to compete and participate in this event.

SIGNATURE: _____ DATE: _____