



CAPSTONE 5K

Saturday, April 7, 2012

A TTC
Grand Prix
Race



RACE SITE: Capstone Church - 1907 University Boulevard, Tuscaloosa AL

RACE START: 8:00 AM

CONTINUED LATE REGISTRATION: 7:00 AM on race day

REGISTER BY: Online, Mail, or on Race Day. **Online Registration @ www.capstone5k.com** Registration Forms, for mailing and course map @ www.capstone5k.com; www.tuscaloosatrackclub.com; [Capstone 5k Facebook Page](#); area gyms.

Proceeds benefit [Nannie's Trunk](#), a Capstone Church ministry providing baby items to [Teen Moms in Tuscaloosa](#), a program sponsored by [Tuscaloosa Youth for Christ](#).



ENTRY FEES (non-refundable):

Early Registration: \$18 if registered online or postmarked by 3-22

Late Registration: \$20 if registered online or postmarked after 3-22

(Additional processing fee is applied at online registration).

Online Registration closes by April 7, midnight. Snail Mail entries postmark no later than 3/31/12 so that your info can be processed prior to race day). Please register early to better guarantee correct t-shirt size.

For non-online registration, make checks payable to Capstone Church.

Mail Registration to:

Capstone Church

(c/o Tim and Amy McCauley/5k)

309 19th Ave.

Tuscaloosa, AL 35401

For additional information, contact Tim and Amy McCauley @

capstone5k@gmail.com or 205-523-5732.

GENERAL INFORMATION:

- ♦ Walkers Welcome
- ♦ Awards to Overall & Age Group Winners: Male and Female Top 3 Master's-1st only
- ♦ Door Prizes
- ♦ Sports drinks, water, and post-race refreshments
- ♦ Race T-shirts guaranteed to the first 125 registrants (while supplies last for race-day registration)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Age (as of April 7, 2012) _____ DOB (mm/dd/yy) _____

Email _____ Sex _____

T-Shirt Size (circle one): (first 125 guaranteed) Small Medium Large X-Large XX-Large

Waiver and Release. In consideration of my acceptance of this entry, I hereby for myself, (and/or as parent, and/or guardian of the named minor), for heirs, executors, administrators, and assignees, do hereby release, waive, and forever discharge the Sponsors, Capstone Church, 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 that I am in proper physical condition to participate in this event. I grant permission to all the foregoing to use my name, likeness and identity in any photographs, recordings or any other record of this event in perpetuity, throughout the world, in any media now known or developed later for any legitimate promotional purpose. Since this is a charity event, I know there are no refunds.

Signature: _____

Date: _____

Signature of Parent (If runner is under 18 years of age): _____ Date: _____