



7th Annual TDA 5K Run/Walk

Saturday, 22 February 2014

TUSCALOOSA
TRACK CLUB

1st TTC Grand
Prix Event of
2014

Registration Starts - 7:10 am
Race Time - 8:00 am (Rain, Snow, or Shine)

Registration/Race Site:
UA Recreation Field
(on Campus Drive - outdoor pool parking lot)

Registration fee (non-refundable):

- \$16 postmarked by 2/10/2014
- \$20 after 2/11/2014 or on race day
- Make checks payable to: **TDA Foundation, Inc.**
- First 125 registrants guaranteed a t-shirt
(while supplies last for on-site registration)

Mail to: Amy Baker-Parton
1109 Kings Mountain Rd., Tuscaloosa, AL 35406

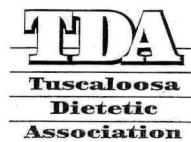
For more info, contact:

Amy Parton , Race Director (292-6766 or aparton@ches.ua.edu)

Eat Right Tuscaloosa!
Talk to your RD Today.

Prizes

- ☺ Overall and age group: Male & Female - Top 3
- ☺ Masters & Grandmasters - 1st only
- ☺ Door Prizes, food, drinks, nutrition table



Student
Dietetic
Association

TDA's purpose is to promote optimal health and nutrition
status of the population through quality dietetic
education, research and community service.

www.facebook.com/BAMA.RDs

Benefits the Good Samaritan Clinic and TDA Foundation Scholarships

Name _____

Address: _____

City _____

State: _____ Zip _____

Phone: _____

Email _____

Sex: M F Age: _____ (on 2/22/14) DOB: / /

T-Shirt Size (first 125 entries guaranteed)

S M L XL

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 Sponsors, TDA, TDAF, TTC, 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 _____
(Parent or Guardian must sign for entrants under 18) Date _____