

# TROTTIN' FOR TR 5K



Tuscaloosa County Parks and Recreation Authority's Therapeutic Recreation Program provides programming for individuals in the Tuscaloosa County area with physical & mental disabilities. The program offers a wide variety of opportunities to encourage independence, recreation, skill development, and community participation.

Make Checks Payable To: PARA

3801 Loop Road

Tuscaloosa, AL 35404

## FRATERNITIES vs. SORORITIES

\$100.00 (Group of 6 ) per person

1st , 2nd & 3rd place Trophies will be given

**\*\*Signing up will count towards your volunteer hours**

**Saturday, February 28, 2015**

**Location: SOKOL PARK**

**Race day registration: 7:00 AM**

**5K race will begin @ 8:00am**

## REGISTRATION:

**At any PARA Center or online @ [www.tcpara.org](http://www.tcpara.org)**

For more information, please contact LeTrice Prince-Koon or Keith Jenkins at 562-3235 or by email, [lprince@tcpara.org](mailto:lprince@tcpara.org) or [kjenkins@tcpara.org](mailto:kjenkins@tcpara.org).

Team Captain Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

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

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

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant Name:	Shirt Size	DOB
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1. _____	_____	_____
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2. _____	_____	_____
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3. _____	_____	_____
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4. _____	_____	_____
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5. _____	_____	_____
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6. _____	_____	_____
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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: \_\_\_\_\_

# 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](http://www.tcpara.org)

For more information, please contact LeTrice Prince-Koon  
or Keith Jenkins at 562-3235 or by email,  
[lprince@tcpara.org](mailto:lprince@tcpara.org) or [kjenkins@tcpara.org](mailto:kjenkins@tcpara.org).

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## 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**

**3801 Loop Road**

**Tuscaloosa, AL 35404**

Name: \_\_\_\_\_ EMAIL: \_\_\_\_\_ @ \_\_\_\_\_

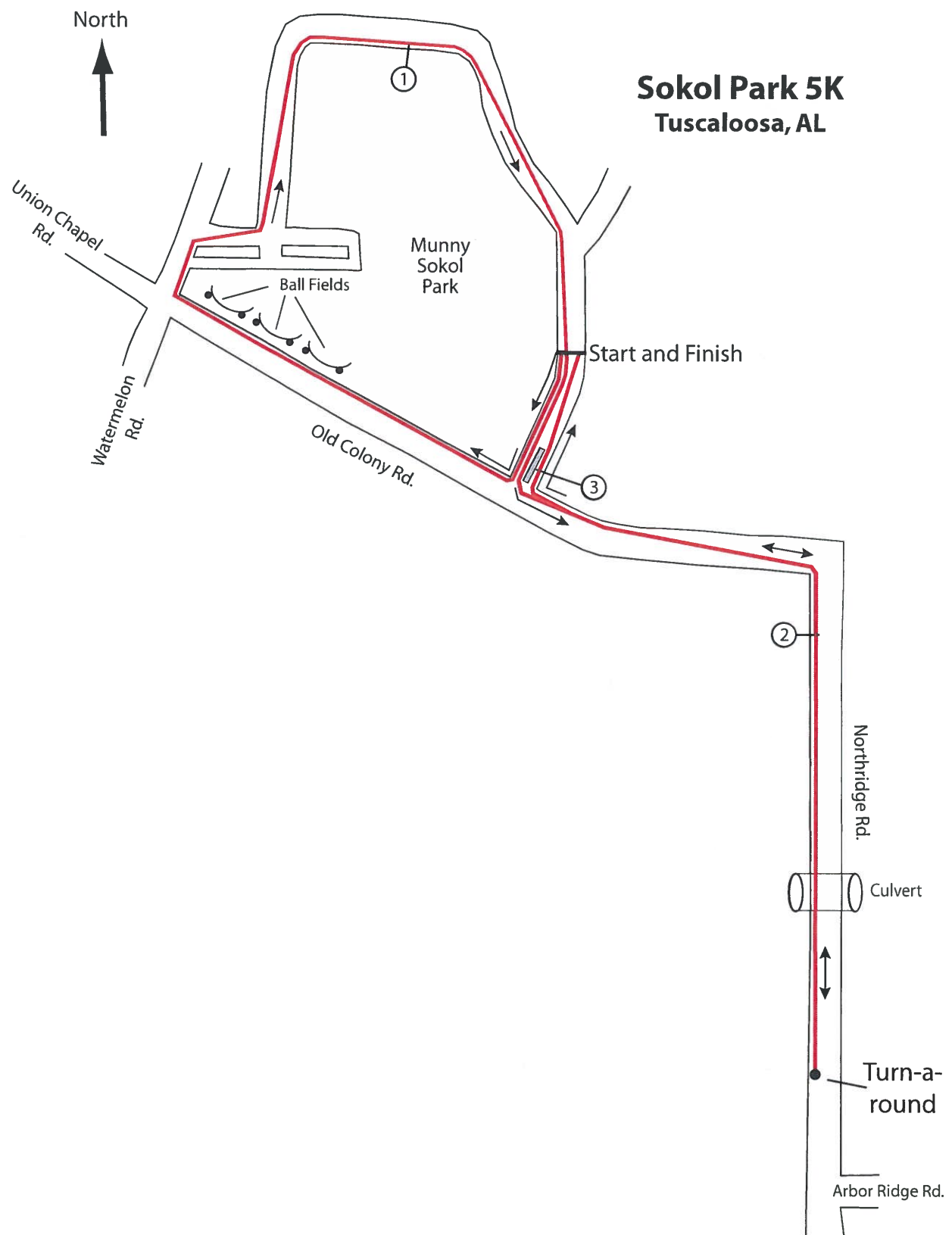
Address: \_\_\_\_\_

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: \_\_\_\_\_



# **Para's Trotting for TR 5K Run/Walk**

**Saturday, February 28, 2015 @ Sokol Park**

**\*\*The TOP OVERALL FEMALE registered finishers in the 5K race will receive MEDALS**

**\*\*The TOP OVERALL MALE registered finishers in the 5K race will receive MEDALS**

## **AGE GROUP AND AWARDS FOR TROTTING FOR TR 5K RUN/WALK**

- 14 and under: Male and Female
- 15-24: Male and Female
- 25-34: Male and Female
- 35-44: Male and Female
- 45-54: Male and Female
- 55-64: Male and Female
- 65 +: Male and Female

**42 medals total for the 5K (age division): 21 male and 21 female**

- (7) 1<sup>st</sup> Place
- (7) 2<sup>nd</sup> Place
- (7) 3<sup>rd</sup> Place

**2 medals for overall winners: 1 Male and 1 Female**

## **1 Mile FUN RUN**

3 male and 3 female (2) 1<sup>st</sup>, (2) 2<sup>nd</sup>, (2) 3<sup>rd</sup>

- Male: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
- Female: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

**6 medals total for the 1 Mile FUN RUN**

**TOTAL METALS: 50**

**1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place trophies will go to the Fraternity/Sorority**