## 5k Kenya Mission Run/Walk 2015

A Tuscaloosa Track Club Grand Prix Event

Saturday 1 10 6:30 a.m. 8:00 a.m. Registration Race begins Sokol Park~Ol' Colony Road entrance

All proceeds go to Challenge Farm (challengefarm.org) and Tenderfeet Education Center (tenderfeetkids.org) in Kenya!



\$20

Register by March 31 Register by April 14 Register after April 14

\$25



## Children's Challenge Run

8:45 a.m.-one mile fun run

\$10 registration. Children will receive a beaded necklace made by children at Challenge Farm & the option to get a pen pal from Challenge Farm!

VISIT active.Com (search 5k for Kenya Miss Visit twccalabama.org (click "Outreach")

Visit active.com (search 5k for Kenya Mission Run/Walk)

Pancake Breakfast

T-Shirt

Door Prizes



# 5k Kenya Mission OFFICIAL ENTRY FORM



Benefitting Challenge Farm (challengefarm.org) and Tenderfeet Education Center (tenderfeetkids.org) Tuscaloosa Track Club Grand Prix Event

Saturday, April 18, 2015, at 8:00 a.m.

Day-of registration and packet pickup begin at 6:30 a.m.

Sokol Park—Ol' Colony Road Entrance

#### Entry fee includes:

- T-shirts for ALL registered 5k entrants
- A delicious pancake breakfast after the run
- Door Prizes
- Handmade Kenyan prizes for 1st, 2nd, and 3rd in age categories, masters, grand masters, and overall

Maggie Raburn, Race Director (205) 242-9359

#### Online registration is open at active.com.

Search for 5k for Kenya Mission Run/Walk 2015.

\$20 if registration is received by March 31 \$25 if registration is received by April 14 \$30 after April 14 and day of event

Make checks payable to TWCC and mail with signed entry form to: The Way Community Church, P.O. Box 345, Northport, AL 35476

F

Gender: M

	Street Address:						
	City:	State:		_ Zip:			
	Email:						
	Age: (as of date of	rth:					
	Emergency Contact Name:						
	Emergency Contact Phone: (	_)	T-shirt size:	S M	L XL	XXL	
knowingly a event and s voluntarily a and the Groparticipate in the control of the control of the control of this racin form and, know the control of this racin form and, know the control of the contro	lease individually (and/or as a parent and/or and voluntarily waives, releases, exculpates approached to buy in advance from all such Potential Liabilian this racing event.  In of Risk. Participant understands and ackroloss, damages, injury, or death, including, a this racing event; injuries caused by poorly inses risks, including those that may be ownes, sprains, broken bones, etc.); outdoor risk, drowning, sunburn, animals, and limited others' actions); health risks, such as heart diffied as "injury risks" herein; equipment risks and hazards beyond the control of Theig event, or others. Participant acknowledgenowing and understanding all risks associate. RISKS that potentially accompany particip, or death.	, and discharges The ast any and all Potent urch, any and all Potent urch, any and all persibities. I further state I mowledges that there without limitation: any maintained roads, sined by others and risk ks, such as weather, li access to medical ca or respiratory events ks, including failure, in Way Community Chues that he/she has hated with the Activity,	Way Community ial Liabilities consons assisting in the and/or the minor are risks, includitivities potential dewalks, as well as of injury from ghtning, heat or re; risks from othes well as other nisuse, inherent rich, any and all per an opportunity participant never participant also	Church, and nected with his racing error named about the second of the s	y and all per the Activity vent and spove is in pront risks, in this racin acts that cons, or accisstings, alled in the Activity in the sks from nosting in this ate the Activity ake all rea	ersons assety. By sign ponsors of oper phy wherent in g event; react idents (such idents (such i	sisting in this racing hing this form, you if this racing event sical condition to a all activities that medical risks in partin serious injury or eith as cuts, bruises, tions, dehydration, the astransmitted activities, including event equipment; vent and sponsors are executing this TO ASSUME AND steps to avoid any
			Date: _				
Parent's or	Guardian's Signature if participant is und	der 19 years of age	_				

### Children's Challenge Run

Benefitting children of Kenya at
Challenge Farm (challengefarm.org) and
Tenderfeet Education Center (tenderfeetkids.org)

Saturday, April 18, 2015, at 8:45 a.m. Sokol Park—Ol' Colony Road Entrance

Come help support Challenge Farm and Tenderfeet Education Center in Kenya by participating in the Children's Challenge Run. Children of all ages are invited to participate in this run. The course is almost one mile. Each runner will receive a beaded necklace made by the children living at Challenge Farm and the option of getting a pen pal from Challenge Farm. Children's Challenge Run registrations and a check for \$10 made payable to TWCC should be mailed to TWCC, P.O. Box 345, Northport, AL 35476 no later than Tuesday, April 14, or you may bring your completed form with your check or cash to the run on April 18.

Parents, older children, and other adults are encouraged to participate in the 5k for Kenya being held the same day at 8:00 a.m. Visit twccalabama.com and click the "Outreach" button on the left for more information. You may contact Maggie Raburn, Race Director, at 205-242-9359 if you have any questions.

Gender: M

F

Name: \_\_\_\_

Parent's or Guardian's Signature

Street Address:

City:		State:		Zip:							
				)							
Age:	Age: (as of date of run) Date of Birth:										
Emergency Contact	: Name:										
Emergency Contact											
Participant knowingly and voluntarial assisting in this racing event and spond continuity. By signing this form, you was racing event and spond sponsors of this rather minor named above is in proper Assumption of Risk. Participant unactivities that can result in loss, dangevent; medical risks in participating falls, collisions, or accidents (such a ming, heat or cold, bites, stings, allemedical care; risks from others involved the control of The Way Content, or others. Participant acknowledges and, knowing and understand	ily waives, releases, exconsors of this racing evoluntarily agree to discheding event and the Groot physical condition to proposition to proposition to proposition to proposition to proposition to proposition the derstands and acknown ages, injury, or death, in this racing event; injury or death; premises risks cuts, bruises, torn murgic reactions, dehydration the Activity (succer risks inherent in any prisuse, inherent risks, and munity Church, any any ledges that he/she has ing all risks associated to potentially accompany	culpates, and discharent from and agains narge The Way Compup in advance from participate in this raculedges that there ar including, without liguries caused by pooks, including those the scles, sprains, broke tion, hypothermia, do has transmitted illustrenuous activities, and risks from non-raculated an opportunity with the Activity, Par	ges The W t any and munity Ch all such Po cing event e risks, ind mitation: rly mainta nat may be in bones, e lrowning, s esses or o including acing even ng in this r y to investi- ticipant no	minor) THIS IS A RELEASE OF LIABILITY. Vay Community Church, any and all persocall Potential Liabilities connected with the urch, any and all persons assisting in this potential Liabilities. I further state I and/or cluding significant risks, inherent in all activities potentially related to this racing ained roads, sidewalks, as well as criminal elevance of the control of the c	e s m t-						
			Date: _								
Participant's Signature											