

[www.SpringScramble.org](http://www.SpringScramble.org)

**Race Benefit Statement:** The 11th Annual Spring Scramble 5K is sponsored by the UAB Pediatric Residency Program. Our goal is to improve the mental and physical health of all of our community’s youth. The race will directly benefit the Healthy Active Living Initiate and Reach Out and Read in our Primary Care Clinic. We gratefully acknowledge the support of Children’s of Alabama and our sponsors!

**Race Info:**

* This will be a 5K and 1 mile fun run/walk
* Water and Gatorade provided along route
* The course starts at the Levite Jewish Community Center (3960 Montclair Rd 35213)
* Race Time: 5K at 5:30PM 1 Mile Fun Run at 6:30PM
* Riming and Results by the Trak Shak
* Door prizes and awards starting at 6:45
* Live Music and Games from 6:00-8:30
* Taco Marrow Loco and Steel City Pop food trucks

**Registration Info**:

* **ONLINE** at [www.springscramble.org](http://www.springscramble.org); Click on Children’s Logo for registration.
* **MAIL**- To Chief Resident Office, Dearth Tower 4th Floor , 1600 7th Ave South, Birmingham, AL 35233. Please mail before April 10th to ensure received before race day
* **RACE DAY REISTRATION**: 4:00-5:15PM on April 22nd
* **REGISTRATION FEE**:
	+ $25 Community Runners, $20 for all UAB/Children’s of Alabama Employees
	+ Students (<12 years old) FREE with adult entry ($10 fee if T-shirt is desired)
	+ Fee includes race day t-shirt and a goodie bag
	+ T-Shirts guaranteed to all who have registered by April 5th

**Packet Pick Up**:

* Friday April 21st from 11am -2PM at the Children’s of Alabama, Benjamin Russell 2nd Floor Lobby (5th Ave South)
* Friday April 21st from 3-5PM at Trak Shak in Downtown Homewood
* Raceday from 4-5:15 PM at the LJCC

Questions: Contact SpringScramble5K@gmail.com and see our website [www.springscramble.org](http://www.springscramble.org)

REGISTRATION FORM

\*\*\*Please fill out a new form for each participant\*\*\*

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex:\_\_\_\_\_ Age on race day:\_\_\_\_\_\_\_ Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_ Zip\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜5K ⬜1 Mile Fun Run

⬜UAB/TCHA Employee ($20)
⬜Other ($25) ⬜Student < 12 years old ($10 for t-shirt, otherwise $0) ⬜Additional donation (optional)

For student discount, place the name of adult “recruit” here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Please make checks payable to: ***Children’s of Alabama Memo: Spring Scramble***

**T-Shirt Size:**

Men: X-small\_\_\_\_\_ Small\_\_\_\_\_ Med\_\_\_\_\_ Large\_\_\_\_\_ X-Large\_\_\_\_\_ XXL\_\_\_\_\_ Women: X-small\_\_\_\_\_ Small\_\_\_\_\_ Med\_\_\_\_\_ Large\_\_\_\_\_ X-Large\_\_\_\_\_ XXL\_\_\_\_\_

**Release form**:
I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Children’s of Alabama and the University of Alabama Birmingham, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that all entries are final with no refunds. The official race director reserves the right in any event of emergency or local or national disaster to cancel the race or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees (in this case any fees minus expenses would be donated to charity).

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