



www.springscramble.org

Race Benefit Statement: *The Tenth Annual Spring Scramble 5k is sponsored by the UAB Pediatrics Residency Program. Our goal is to improve the mental and physical health all of our community's youth. The race will directly benefit the Reach Out and Read Initiative and be used in the Children's Primary Care Clinic. We gratefully acknowledge the support of Children's of Alabama and our Sponsors!*

Race Info:

- This will be a fun 5K (3.1 mile) run and 1 mile fun run/walk
- Water and Gatorade provided
- The course starts at the Levite Jewish Community Center (3960 Montclair Rd, 35213)
- Race Times: 5K at 5:30PM, 1 Mile Fun Run at 6:30PM
- Timing & Results by The Trak Shak
- Door prizes and awards starting 6:45PM
- **Live Music and Games from 7:00PM to 8:30PM**
- **Food and Steel City Pops will be present!**

Registration Info:

- **ONLINE** at www.springscramble.org
** no additional charge; on-line and pre-registration deadline: April 16th at 3 pm**
- **IN PERSON** – return form to a packet pickup (below) or at the race by 5pm
- **MAIL** – to Chief Residents Office, Dearth Tower 4th Floor, 1600 7th Ave South, Birmingham, AL 35233. Please mail before April 10th to ensure on-time delivery!
- **RACE DAY REGISTRATION AVAILABLE** 4:00 to 5:15 PM on April 16th
- **REGISTRATION FEE:** \$25 Community Runners, \$20 for all UAB/Children's of Alabama Employees
*****Students (<12 years) FREE with adult entry (\$10 fee for t-shirt if desired)*****
***Fee includes race day T-shirt and a goodie bag
(while supplies last and guaranteed to all registrants prior to April 2nd) ***

Packet Pick Up:

- **Wednesday, April 13th** from 4 pm to 7 pm at the Trak Shak in Downtown Homewood
- **Friday, April 15th** from 11 am to 2 pm at The Children's of Alabama, Benjamin Russell 2nd Floor Lobby (5th Avenue South)
- **Friday, April 15th** from 3- 5 pm at Trak Shak in Downtown Homewood
- **Raceday** from 4:00 pm to 5:15 pm at the LJCC

Questions? contact springscramble5k@gmail.com & see our website, 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).

Signature

Date

Parent's signature, if entrant under 18 yrs.