



www.springscramble.org

Race Benefit Statement: *The Seventh Annual Spring Scramble 5k is sponsored by the UAB Pediatrics Residency Program. Our goal is to educate and inspire healthy lifestyle choices for all of our community's youth. The race will directly benefit The Children's of Alabama's Center for Weight Management. We gratefully acknowledge the support of **Children's of Alabama** and our **Sponsors!***

Race Info:

- This will be a fun, fast, flat 5 K (3.1 miles) run and 1 mile fun run/walk. Food and drinks provided.
- The course starts at The Trak Shak in Downtown Homewood.

*****RACE TIMES: 5 K at 8 AM, 1 mile at 9 AM*****

(Note that these times are earlier than last year's race)

- Timing & Results by The Trak Shak. Door prizes starting 9:15 AM, Awards at 9:30 AM
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Registration Info:

- **ONLINE** at www.springscramble.org ** no additional charge; on-line and pre-registration deadline: May 17th at 8 pm**
- **IN PERSON** – return form to The Trak Shak in Downtown Homewood by 5pm on May 17th.
- **MAIL** – to Chief Residents Office, 604 Ambulatory Care Center, 1600 7th Ave South, Birmingham, AL 35233. Please mail before May 13th to ensure on-time delivery!
- **RACE DAY REGISTRATION AVAILABLE** 7:00 to 7:50 AM
- **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 May 17th) ***

Packet Pick Up:

- Wednesday, May 15th, 4 pm to 7 pm at the Trak Shak in Downtown Homewood
- Thursday, May 16th, 10 am to 6 pm at The Trak Shak in Downtown Homewood
- Friday, May 17th, 10 am to 6 pm at The Children's Hospital of Alabama, McWane Building, First Floor Lobby (1600 7th Avenue South)
- Raceday, from 7am to 7:50am

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 (check 5K if you are running in both)
- ☐ 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: Coat of Arms**

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.