

2nd Annual

TDA 5K Run/Walk

Saturday, 28 February 2009

**March is
National Nutrition Month**

Registration Time: 7:00 am
Race Time: 8:00 am

Registration/Race Site:
UA Recreation Field
(on Campus Drive - pool parking lot)

Entry fees:

- \$15 postmarked by 2/15/2009
- \$18 after 2/15/2009 or race day
- Make checks payable to: **TDA Foundation, Inc.**
- First 125 registrants guaranteed a T-shirt

Mail to: Amy Parton - TDA 5 K
1 Beech Hills Dr
Tuscaloosa, AL 35404

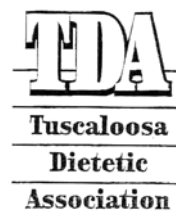
For more info, contact : Amy Parton (292-6766)
or Alvin Niu (348-8235)



Prizes

- ☺ Overall Male & Female - Top 3
- ☺ Masters (over 40) Male & Female (1st only)
- ☺ Top 3 in age groups Male & Female
- ☺ Door Prizes

Sponsored by:



Student
Dietetic
Association

**TDA's purpose is to
promote optimal health and
nutrition status of the
population through quality
dietetic education, research
and community service.**

www.eatrightalabama.org

**Benefits the Good Samaritan Clinic
and the TDA Margaret Garner Scholarship Fund**

Name _____

Address: _____

City _____

State: _____ Zip _____

Phone: _____

Email _____

Sex: M F Age: _____ (as of 2/28//09) DOB: / /

T-Shirt Size (first 125 entries guaranteed)
S M L XL

I, individually, (and/or as 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 Sponsors, and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials 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 damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

Signature _____ Date: _____
(Parent or Guardian for entrants under 18)