

# TDA 5K Run

1 mile Nutrition Fun Walk/Run  
Saturday, 1 March 2008

**March is  
National Nutrition Month**

**Registration Time:** 7:00 am  
**Race Time:** 8:00 am  
**Fun Run/Walk:** 8:45 am

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

#### Entry fees:

- \$15 postmarked by 2/15/2008
- \$18 after 2/15/2008 or race day
- Make checks payable to: TDA
- First 125 registrants guaranteed a great long sleeve T-shirt

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

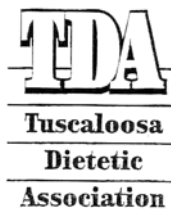
For more info, contact : Amy Parton (292-6766)  
or Alvin Niu (348-8235)



#### Prizes

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

#### Sponsored by:



**S**tudent  
**D**ietetic  
**A**ssociation

**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](http://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 3/01/08) DOB: / /

Please Indicate: 5K or 1 Mile Fun walk/Run

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)