

SPONSORS:



KINESIOLOGY CLUB



Schedule of Events:

Saturday March 4, 2017

Packet Pickup/Registration: Noon to 4:00pm

Fleet Feet Sports

Sunday March 5, 2017

Race day registration: 1:00pm to 1:45pm

Race start: 2:00pm

Awards immediately after race

Pump n Run Bench Press Event

Noon to 1:30 pm at University Fitness Center*

*In the event that we are unable to get all competitors bench press portions finished in the allotted time, we may allow some to complete the bench press following the run.



500 John Wright Drive
Huntsville, AL 35899

Proceeds to benefit:
**HUNTSVILLE DIALYSIS
CENTER**

In memory of Earl Jacoby

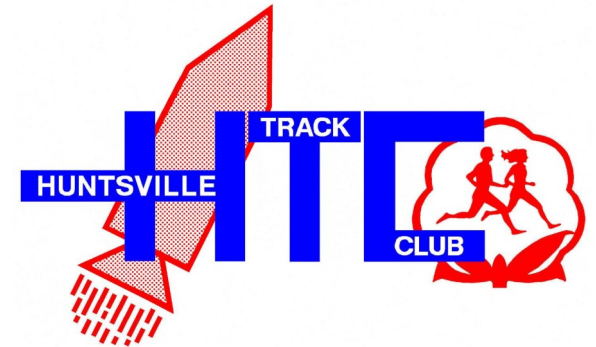
www.HuntsvilleTrackClub.org



**THE UNIVERSITY OF
ALABAMA IN HUNTSVILLE**

**SPRING
ROAD RACE
8 K**

SUNDAY MARCH 5, 2017



KINESIOLOGY CLUB

PLEASE PRINT PLAINLY

Last _____ First _____ Circle sex _____ Male _____ Female _____
Street _____ AGE _____ Birthday _____ / _____ / _____
City _____ ST _____ ZIP _____ HTC Member Yes _____ No _____
Phone _____ Pump 'n Run Competition Yes _____ No _____

Signature: _____ Date: _____

Race Waiver: 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 Road Runners Club of America, Huntsville Track Club and any and all other supporting groups of this said racing event, together with all their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or relating 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. In addition, I agree that my participation in this event requires that I will not participate with roller blades, baby joggers, skateboards, animals, headphones, or anything which the race director deems dangerous to myself or other participants and that the race director may remove me from this event for a violation of said policy. I further grant permission to this race and the organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion picture, recordings and any other record of this event for any purpose. I also agree that if the event is cancelled for any reason or I am unable to participate that all entry fees are non-refundable and that this entry is non-transferable.

Official Use Only
Race Number
Paid

By checking the box to the left, I agree not to use headphones, iPods, baby joggers, skateboards, bicycles, and rollerblades during the race and if I do, I understand that I can be disqualified.

Please note: Due to our liability insurance the following are not allowed during the race: strollers, baby joggers, skateboards, bicycles, animals, rollerblades, headphones, unauthorized vehicles, unentered runners, etc. Your cooperation is greatly appreciated.



Back for 2017:

“Pump and Run” Competition— This optional category will involve competitors testing their strength and stamina! Rules are as follows:

- 1. Each competitor will complete as many continuous repetitions on the bench press as possible. The weight will be 135 pounds for males and 65 pounds for females.
2. For each repetition successfully completed, 30 seconds will be deducted from that competitor’s run time. A maximum of 15 minutes may be deducted.
3. Special awards will be presented to the overall male and female winner.

Course Description:

- Course is a relatively flat, mostly out and back, and includes the scenic campus greenway. Certification Code AL14083JD.
• Splits and Aid station are provided.

Please Note: Due to our liability insurance the following are not allowed during the race: strollers, baby joggers, skateboards, bicycles, animals, rollerblades, headphones, iPods, unauthorized vehicles, unentered runners, etc. Your cooperation is greatly appreciated.

Also new in 2016: The UAH Department of Health and Physical Education will offer race t-shirts for sale on race day.

Please support our sponsors:

- EMBARK Software (Embark@earthlink.net)
Jill’s Studio of Dance (www.jills.com)
Fleet Feet Sports (www.fleetfeethuntsville.com)
Health & Physical Edu. (www.uah.edu/hpe)
NESIN Therapy (www.nesintherapy.com)
Kroger (www.kroger.com)
UAHuntsville (www.uah.edu)
UFC (www.universityfitnesscenter.com)
HEMSI (http://hemsy.org/)

Race Contact:

Ronnie Nelson
405 Oakland Rd.
Madison, AL 35758
ronaldearlnelson@aol.com
(256).656.3989

Directions:

From I-565, take Exit 17, Jordan Lane. Travel north to Holmes Ave, turn left. Travel west to first light, turn left onto John Wright Drive. Park in garage on right.

Registration:

Pre-Registration (postmarked by Mar 1, 2017): \$5.00
FREE to HTC Members during PRE-REGISTRATION
Late Registration and Race Day: \$10.00
ALL ENTRY FEES ARE
NON-REFUNDABLE/NON-DEFERRABLE

Make checks payable to:

Huntsville Track Club

Mail Entry (s) to:

Ronnie Nelson
405 Oakland Rd.
Madison, AL 35758

Online Registration:

https://runsignup.com/Race/AL/Huntsville/UAHSpringRoadRace

More Information & Race Results:

www.HuntsvilleTrackClub.org

Awards / Age Groups:

Awards go to overall open and masters male/female finishers (not eligible for age group)
Male & Female age groups:
0-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Race Number Pickup/Registration:

Feet Fleet Sports (256-650-7063)
Jones Valley Bend Shopping Center
2722 Carl T. Jones Suite B1
Huntsville, AL 35802