

Stars in our Hearts



9th ANNUAL FAMILY

5K RUN WALK Grand Prix Event

WHERE Hospice of West Alabama
3851 Loop Road
Tuscaloosa, AL 35404

WHEN Saturday
March 3rd
8:00 am

\$20 registration fee



Visit hospiceofwestalabama.com
or call 205-523-0101 for more info



All proceeds benefiting
Hospice of West Alabama,
a 501(c)(3) non-profit agency



Children's Activity Centers



Live Music



Local Vendors



Participate in memory/honor of the STAR in your HEART



Hospice of West Alabama's 9th Annual Family 5K Run/Walk Grand Prix Event

The event will be held on the campus of the VA Medical Center.
Registration will begin at 7:00 a.m. in the HOWA parking lot.

Awards

~ Top 3 Overall Male & Female ~ Masters (age 40+) Male & Female-1st only ~ Grand Masters (age 50+) Male & Female-1st only
~ Great Grand Masters (age 60+) Male & Female-1st only ~ Top 3 Male and Female in each age group:
9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over
(No duplication of awards)

Please make checks payable to Hospice of West Alabama.

Pre-registration options:

- Online at www.hospiceofwestalabama.com
- Mail check & registration form to
Hospice of West Alabama – Family 5K
3851 Loop Road, Tuscaloosa, AL 35404

Pre-registration packet pick-up:

- Hospice of West Alabama
Friday, March 2, 2018
4:00 p.m. – 7:00 p.m.
- Day of the event starting at 7:00 a.m.

Registration Form

Name: _____ Phone: (____) _____ - _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ (Only used to provide info about HOWA events)

Shirt: S M L XL Gender: M F Age: _____ (as of 3/3/18) D.O.B.: _____/_____/_____

Tuscaloosa Track Club Member: Y N

I, individually (or as a parent or guardian of a minor child under the age of 19 participating) state that I (or my minor child) is in proper physical condition to participate in the aforementioned event, and request to participate in said event on March 3, 2017, and, in consideration of the Tuscaloosa Track Club permitting the undersigned or his/her minor child to engage in the aforesaid activity, the undersigned does, for himself/herself, his/her heirs, assigns, executors and administrators, remise, release and forever discharge the Tuscaloosa Track Club, the City of Tuscaloosa, a Municipal Corporation, its officers, agents, and/or employees, event sponsors, and event volunteers of and from all manner of action and actions, suits, and sums of money, dues, claims, or demands, whatsoever, which arise out of or in any manner grow out of, property damage, injuries or death sustained by the undersigned or his/her minor child, including injuries known or unknown, by reason of being permitted to participate in the aforesaid activity in the City of Tuscaloosa.

Signature: _____ Date: _____

(Parent or Guardian for entrants under 19)

*Every 5K participant must complete a registration form. Forms with multiple registrants cannot be accepted.

