



# Northeast Alabama Community College

## Mustang 5K Run/Walk



The Northeast Alabama Community College Mu Alpha Theta, Phi Theta Kappa, SGA, and Sigma Kappa Delta organizations invite you to participate in a 5K walk/run on Saturday, October 30, 2010, at 8:00 A.M. The proceeds from this event will be used to fund scholarships for current and/or future NACC students.

### Race Location:

Northeast Alabama Community College  
138 AL Hwy 35  
Rainsville, AL 35986

### Race Day Information:

Race day registration will be at the NACC Student Center from 7:15 – 7:45 A.M. Participants should assemble for race instructions at 7:50 outside of the cafeteria. The race will begin promptly at 8:00. Restrooms will be available inside the Student Center.

### Description of Course:

The course will consist of a double loop of the NACC campus and nature trail, beginning and ending behind the NACC Student Center.

### Divisions:

12 and Under                      30-39  
13-19                                40-49  
20-29                                50 and older

\*Men and women will run together but will be placed separately and receive separate awards.

**Awards:**                      9:00 A.M. (or as soon as everyone finishes)

All participants who register by October 22, 2010, will receive a t-shirt.

Awards will be given to the overall male and female finishers and the top three runners in each division. There are male and female divisions.

### Registration Fees

The cost is \$20.00 per individual. Please mail your registration fee and signed registration form to Brad Fricks at Northeast Alabama Community College, PO Box 159, Rainsville, AL 35986 by October 22, 2010, in order to secure a t-shirt. We will take race-day entries (\$25.00), but we cannot guarantee a t-shirt. If paying by check, please make it payable to NACC Phi Theta Kappa. Please note that your entry fee is non-refundable. We will run rain or shine, but we reserve the right to cancel if the weather is threatening.

*\*\*For more information please call Brad Fricks (256-638-4418; ext. 400 or 256-228-6601; ext. 400).*

*Or email [fricksb@nacc.edu](mailto:fricksb@nacc.edu).*

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### Official Entry Form

Make checks payable to Phi Theta Kappa

Name \_\_\_\_\_ Age (Day of Race) \_\_\_\_\_ Sex \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Check one: **Youth** T-shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ E-mail \_\_\_\_\_

**Adult** T-Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

### Waiver and Release

In consideration of my acceptance as a participant in this 5K race on October 30, 2010, I do hereby and for myself, my heirs, executors, and administrators waive any and all rights and claims of damage that I may have against any group or persons including Northeast Alabama Community College and the race directors involved with the race for any and all claims of liability. I also certify that I am physically fit and sound to compete in this event.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
(must also be signed by a parent or guardian if participant is under 18 years of age)

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_