

JSU DEPARTMENT OF NURSING COCKY RUN/WALK FOR YOUR LIFE 5K AND 1 MILE FUN RUN
Empowering Exemplary Nurses to Care for Anyone, Anytime, Anywhere



An Anniston Runners Club Grand Prix Event



Saturday, April 8, 2017

Time: 6:30 am Race day registration -Wallace Hall JSU (Behind Library/GPS 160 Bennett Blvd NE)
8:00 am 5k Race will begin 8:45 1-mile fun run will begin
(courses found on <http://www.jsu.edu/nursing/survey/run.html>)
Awards ceremony following race-in Wallace Hall Auditorium

Entry Fees: \$20 Pre-Registration -**Online Registration closes Thursday, April 6th at Midnight**
\$15 All JSU students and faculty/staff, Anniston/Gadsden Runners Club
\$25 Race day registration for all participants (cash or check only)
\$10 1- mile fun run (t shirts not included). Finisher medal given to ALL participants

T Shirt Guarantee Deadline-must be received by Friday, March 24th

Awards: 1st, 2nd, 3rd place overall male and female 1st-3rd age divisions
Age Groups: 10 & under, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Please mail entry form and fee to:

**Jacksonville State University Department of Nursing (make checks payable to JSU)
C/O Leah Stuart Run/Walk for your life 5K
700 Pelham Road North, Jacksonville, AL 36265**

I am registering for the: 5k _____ 1- mile fun run _____ Both _____

Name: _____ **Telephone** _____ **Birthdate** _____ **Age:** _____

Address _____

Email Address _____ **Gender:** M _____ F _____

5k T Shirt size: **Adult** S M L XL XXL
 Children YS YM YL YXL

RELEASE FROM LIABILITY: I know that running or walking are potentially hazardous activities and I (we) assume all risks associated with participating in this event. I (we) will not hold and do hereby release Jacksonville State University, its Trustees, officers, faculty, staff, employees or agents, responsible from any injury or damages whatsoever which may be incurred, directly or indirectly, while participating in this sponsored event.

Signature: _____ **Parent Signature if under 18** _____

Date: _____

5k Course Loop: Begins and ends at Wallace Hall, the home of the Department of Nursing. Enjoy a scenic view of eastern Jacksonville and the beautiful campus of JSU as you walk/run around the picturesque course.

1mile fun run-Out and Back: Runners will begin at Wallace hall and run 1 mile along scenic Church Ave and back.

Come join Cocky and the JSU Pep Band for this exciting event. Food, fun and door prizes!!!

For more information: Carla Willingham 256-782-8404, 256-591-5694 cwilling@jsu.edu, Leah Stuart at 256-782-5423, lstuart@jsu.edu, or visit our homepage at: <http://www.jsu.edu/nursing/index.html>

Proceeds used to support Jacksonville State University Nursing Student Scholarships

"The Most Educational 5k on the Planet"