SPRING ROAD RACE 8 K

THE UNIVERSITY OF ALABAMA IN HUNTSVILLE
KINESIOLOGY CLUB
FLEET FEET HUNTSVILLE
EMBARK ALABAMA

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Proceeds to benefit:
HUNTSVILLE DIALYSIS CENTER
In memory of Earl Jacoby

www.HuntsvilleTrackClub.org

“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.

Race T-Shirts: The UAH Dept. of Kinesiology will offer race t-shirts for sale on race day.

Please support our sponsors:
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