



Distance: 5km (3.1 miles)
Date: Saturday, April 10, 2010 (rain or shine)
Start Time: 8:30 a.m. sharp

Course Description: The run routes participants on a mostly counterclockwise tour through Troy University campus. Start/finish line and warm-up area are located on Luther Drive at the entrance to the Jesse H. Colley Track and Field Complex. Same course as 2009.

Registration:

Pre-registration **\$10.00**
 Race-day registration **\$12.00**
 (cash or check payable to "KHP Club")

Pre-registration ends Friday, April 2
 (after this date please register in-person on race day)

Race-day registration begins 7:30 a.m.

T-Shirts: Nick Costes 5K Run T-shirts are guaranteed for all pre-registered entries. Race day registrants receive T-shirts while supplies last (so pre-register or register early!)

Number Pick Up: Please pick up race numbers and T-shirts at the registration tent (near entrance to the track) on race day. If you are not pre-registered please register and submit your entry fee (\$12 on race day) on the morning of the race between 7:30-8:20 a.m.

Awards: Top 3 overall male and female runners will be presented with **CASH AWARDS** (\$100, \$50, \$25). Unique male and female age-group awards will also be presented. There will also be prize drawings for gift vouchers to local businesses so make sure you stay for the awards ceremony!

Refreshments: There will be a water station at the halfway point in the race, and following the race there will be bagels, bananas, water, and sports drinks free to all participants.

Parking: Ample amounts close to the start/finish and in parking lots around campus. Please avoid resident (black curbs) parking and grassy areas.

Questions: Contact Michael Green (Department of Kinesiology and Health Promotion) at 334-670-5732 or mgreen@troy.edu

Benefit: The event is held in honor of the late Nick Costes, Troy University professor and Olympic marathoner. Proceeds will benefit Troy University's Department of Kinesiology & Health Promotion (KHP) Club.

RETURN TO: DEPARTMENT OF KINESIOLOGY & HEALTH PROMOTION, WRIGHT HALL, SUITE 112, TROY, AL 36082

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Last Name

First Name

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Address (Number & Street)

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Apt. / P.O. Box / Route #

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City

State

Zip Code

MALE
 FEMALE

Age (on 4/10/10)

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E-Mail

Area Code

Daytime Phone Number

T-Shirt Size
 (S,M,L,XL)

YOU CAN MAIL OR HAND-DELIVER YOUR ENTRY
 (IF YOU CAN'T GET IT TO US BY APRIL 2nd PLEASE ENTER ON RACE-MORNING)

Please Select **ONE**: Community Resident
 Faculty/Staff
 Student (University)
 Other

Waiver: Entry must be signed and dated below. **Release Form:** I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, in good health, and properly trained. I agree to abide by any decision of race officials relative to my ability to participate in this event. I assume all risks associated with running the 2010 Nick Costes 5K Run, including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic and conditions of the road. All such risks are known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller-skates or blades, animals, and radio headsets are not allowed in the race. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Troy University, the City of Troy and all sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I give permission for the use of my name and all likeness in any broadcast, telecast, or publication of this event, including any print promotion in subsequent years. All entries are final with no refunds. Race held rain or shine.

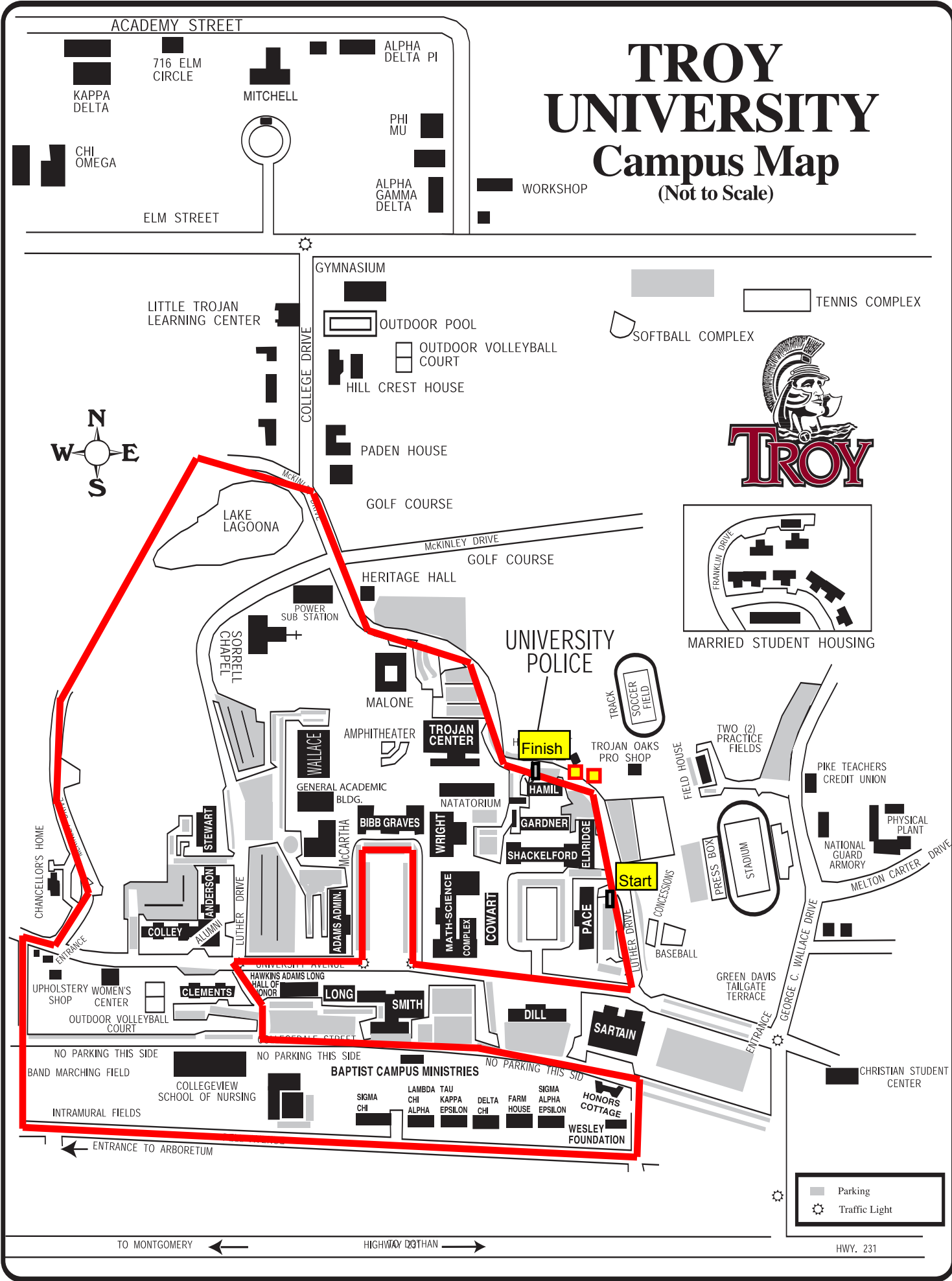
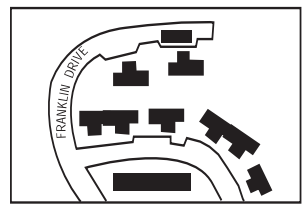
Signature _____ Date _____ Parent signature (if entrant under 18 yrs) _____ Date _____

KHP student who signed you up [or leave blank]

TROY UNIVERSITY

Campus Map

(Not to Scale)



KAPPA DELTA
CHI OMEGA

716 ELM CIRCLE

MITCHELL

ALPHA DELTA PI

PHI MU

ALPHA GAMMA DELTA

WORKSHOP

LITTLE TROJAN LEARNING CENTER

GYMNASIUM

OUTDOOR POOL

OUTDOOR VOLLEYBALL COURT

HILL CREST HOUSE

PADEN HOUSE

GOLF COURSE

LAKE LAGOONA

MCKINLEY DRIVE

GOLF COURSE

HERITAGE HALL

POWER SUB STATION

SORRELL CHAPEL

UNIVERSITY POLICE

MALONE

WALLACE

TROJAN CENTER

Finish

TROJAN OAKS PRO SHOP

GENERAL ACADEMIC BLDG.

NATORIUM

BIBB GRAVES

WRIGHT

HAMIL

GARDNER

SHACKELFORD

ELDRIDGE

PACE

MATH-SCIENCE COMPLEX

COWART

MCCARTHA

ADAMS ADMIN.

STEWART

ANDERSON

COLLEY

CLEMENS

HAWKINS ADAMS LONG HALL OF HONOR

LONG

SMITH

DILL

SARTAIN

UPHOLSTERY WOMEN'S CENTER

OUTDOOR VOLLEYBALL COURT

NO PARKING THIS SIDE

NO PARKING THIS SIDE

NO PARKING THIS SIDE

BAPTIST CAMPUS MINISTRIES

BAND MARCHING FIELD

COLLEGEVIEW SCHOOL OF NURSING

SIGMA CHI

LAMBDA TAU CHI

KAPPA EPSILON

DELTA CHI

FARM HOUSE

SIGMA ALPHA EPSILON

HONORS COTTAGE

WESLEY FOUNDATION

GREEN DAVIS TAILGATE TERRACE

BASEBALL

PRESS BOX

FIELD HOUSE

TWO (2) PRACTICE FIELDS

PIKE TEACHERS CREDIT UNION

NATIONAL GUARD ARMORY

PHYSICAL PLANT

MELTON CARTER DRIVE

GEORGE C. WALLACE DRIVE

CHRISTIAN STUDENT CENTER

TO MONTGOMERY

HIGHWAY 203/40N

HWY. 231

- Parking
- Traffic Light