



Columbus State University
presents the 3rd Annual

Cody's Run 5K RACE

Cody's Run benefits Columbus State University's One CSU campaign which is committed to reducing the University's ecological footprint. One CSU encourages the reduction of greenhouse gas emissions campus-wide, enhances University environmental stewardship efforts, and fosters the concepts of sustainability and environmental ethics in the curriculum.

Cody's Run is also a part of Columbus State University's Exercise is Medicine; a sustainable global initiative to make physical activity and exercise a standard part of a global disease prevention and medical treatment.



Columbus State University
ATTN: Lori Coffield,
Student Recreation Center
4225 University Avenue
Columbus, GA 31907



Sign up today!
**Register before March 29th
to receive a T-shirt.**

**Saturday,
April 13, 2013**

At 8:30A.M.

**Plan to run or walk
with your family and
friends!**

Early registration

Entries paid by Thursday,
March 28, 2013

Early registration fee:
Adults - \$20
14 & Under - \$15
CSU student - \$10



Late registration

Entries paid after
Thursday, March 28, 2013,

Late registration fee:
Adults - \$25
14 & Under - \$20
CSU student - \$15

Registration

Please complete and return this application along with entry fee to Columbus State University, Student Recreation Center, ATTN: Lori Coffield

Name: _____

Age (as of 04.13.13): _____ Gender: ____

Address: _____

City/State: _____ Zip: _____

Phone: (____) _____

Email: _____

T-shirt size: (circle one)

YM YL S M L XL

In consideration for acceptance of this entry, I, my heirs, administrators, executors and assignees waive any and all claims or causes of action, present and future, against any and all officials or sponsors of Columbus State University, for injury or illness that may directly or indirectly result from my participation in the 5K race. By signing this release, I voluntarily assume the risk of personal injury or damage to me or my property that may result while taking part in this activity, including injuries or damages caused by the negligence of the above named parties. I know that running a road race is a potentially hazardous activity and I certify that I am in proper physical condition to participate in this event. I hereby grant full and exclusive permission for Columbus State University to use my name and pictures or any likeness, in broadcast, telecast, newspapers, etc.

Signature: _____

Parent/Guardian signature if under age 18:

Date: _____

Race day registration & pre-registered packet pick ups

Registration and packet pick up will be held on Friday, April 12th at the Student Recreation Center from **11:00 A.M.—4:00 P.M.** and Saturday, April 13th beginning at **7:30 A.M.**



The Course

The course will begin near the Student Recreation Center on Columbus State University's main campus. Following the designated street to exit campus, runners will race through nearby neighborhoods, turning on College to Lindsay Creek, Edgewood, Sue Mack, back to College then along Algonquin to the entrance to CSU, finishing at the CSU clock tower.