

TCRHCC HEALTH PROMOTION DISEASE PREVENTION

2025 GET FIT CHALLENGE

REGISTRATION FORM

FIRST NAME

LAST NAME

MIDDLE INITIAL

GENDER

AGE (MUST BE 8YO+)

PHONE NUMBER

☐ Male

☐ Female

DATE OF BIRTH

EMAIL ADDRESS

/

/

MAILING ADDRESS (PO BOX/STREET, CITY, STATE & ZIPCODE)

PLEASE SELECT RACE CATEGORY: ☐ 5k (8yo+) ☐ 10k (10yo+) ☐ 1/2 Marathon (12yo +)

TEAM TUBA CITY T-SHIRT SIZE: UNISEX

☐ Y-L ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL

ARIZONA RNR T-SHIRT SIZE (PLEASE SELECT EITHER MENS OR WOMENS SIZE)

☐ Women's ☐ Men's

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ 2XL

EMERGENCY CONTACT INFORMATION: (MUST BE A RELATIVE NOT PARTICIPATING IN THE AZRNR EVENT)

NAME (FIRST/LAST)

RELATIONSHIP TO PARTICIPANT

PHONE NUMBER

Waiver and Release: In consideration for permitting me and/or my child to participate in the activities described herein, and intending to be legally bound, I agree, certify and represent on behalf of myself, my spouse, my child, and our respective heirs, executors, administrators, representatives, and/or assigns (if any), that I, my child, and been advised by a health care professional against participation in the activities described herein or any activities sponsored by the Tuba City Health Promotion Program (collectively "Activities"); (2) agrees to abide by all Tuba City Health Promotion Program rules; (3) is aware of the risks inherent in the Activities; that the Activities may be physical, require considerable running, starting, stopping, and physical exertion in heat and humidity, and involve other individuals and man-made and natural obstacles, and that the Activities could potentially lead to injuries including, but not limited to, overheating, dehydration, injuries, disability, death, and property damage; (4) will conduct him/herself at a level consistent with his/her skill while participating in the Activities; (5) maintains adequate health insurance to cover any injuries while participating in the Activities; (7) gives permission to the Tuba City Health Promotion Program to photograph the Participant (including children) and use the Participant's name (collectively "Image") for purposes including publicity and publication of the Image in any medium and will not seek compensation for such; (8) has fully read and understands this Waiver and Release and acknowledges that this is a release of liability, a waiver of claims, and an assumption of risks; (9) assumes all risks and accepts full responsibility for any injuries, death, and/or property damage which may result from participation in the Activities; and (10) forever releases, fully discharges, and agrees to indemnify, defend, and hold harmless the Tuba City Health Promotion Program, Tuba City Regional Health Care Corporation, other Community to herein as "Releasees" from and against all claims, causes of action, responsibility, liability, damages, losses, costs and expenses (including attorneys' fees and court costs) attributable directly or indirectly to or arising out of the Participant's and/or Releasees' acts or omissions related to or connected with the Activity, the Image, and/or the Participant's participation in the Activity.

Participant Signature

Parent Signature (if under 18yo)

DETACH HERE (KEEP SCHEDULE FOR GROUP REMINDERS)

2025 GET FIT CHALLENGE TEAM HUDDLES

DATES	TIME	TEAM HUDDLES
Monday, September 29th	6:00pm	Intro to GFC Training Program Presentation
Monday, October 20th	6:00pm	Strength Training Presentation
Sunday, October 26th	6:00am	Group Run: Meet at the HPDP Fitness Center
Monday, October 27th	6:00pm	Injury Prevention Presentaion
Monday, November 11th	6:00am	Nutrition: Fueling Your Run Presentation
Sunday, November 16th	6:00pm	Group Run: Meet at the HPDP Fitness Center
Sunday, December 14th	6:00am	Group Run: Meet at the HPDP Fitness Center
Sunday, January 11th	6:00am	Group Run: Meet at the HPDP Fitness Center
Tuesday, January 13th	6:00pm	Motivational Speaker

LAST DAY TO REGISTER W/ HPDP 10/17, FEES WILL INCREASE IF YOU ARE PAYING FOR YOUR OWN RACE FEES

ALL GROUP PRESENTATIONS WILL TAKE PLACE AT THE HPDP FITNESS CENTER

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2025 GET FIT CHALLENGE

2025 GET FIT CHALLENGE INFORMATION SHEET

REGISTRATION PROCESS:

1. Visit the following website to register:

<https://www.runrocknroll.com/events/arizona/register>

2. One-time registration. Each participant will need to register, including support person for youth under 18yo.

- Child(ren) 18 years & younger will need to be registered by Parent/Guardian.
- Child(ren) 18 years & younger will also need to have a Parent/Guardian 18 years & older present at all Get Fit Challenge events this includes Group Presentations, Group Runs and Race Day.

3. Please select from the following race options:

- | | | |
|---|----------|---|
| ◦ 5k: Must be <u>8 years or older</u> on race day to participate | \$85.00 | LAST DAY TO REGISTER with HPDP 10/17!! |
| ◦ 10k: Must be <u>10 years or older</u> on race day to participate. | \$129.00 | Fees will Increase if you are |
| ◦ 1/2 Marathon: Must be <u>12 years or older</u> on race day to participate. | \$145.00 | paying for your own race fee. |

****Please contact HPDP regarding HPDP voucher & if you or your child would qualify to have your fees waived****

4. ***Get Fit Challenge participants will need to actively participate and attend Monthly GFC Presentations and scheduled Group Runs to have their fees waived for their respective event. HPDP will only cover fees for 75 actively involved participants.***

HOW THIS WORKS:

CHALLENGE BEGINS: MONDAY, SEPTEMBER 29TH

CHALLENGE ENDS: SUNDAY, JANUARY 17-18, 2026

1. PARTICIPATION:

- All participants must be 8 years or older on race day to participate; depending on race category.
 - Please see minimum age requirements to participate in each race category.
 - **Participants under the age of 18 years old must register with an adult for the same race event.**
 - Youth participants cannot be on the race course or attend GFC Presentations/Group Runs alone; Parent/Guardian must be present at all times.
- To take advantage of the HPDP Voucher, participants must attend GFC presentations and Group Runs. HPDP Program will pay race fees for participants who have attended the required Group Runs/Presentations.
- For GFC Presentations and Group Runs please sign in with HPDP Staff at all event locations to verify your attendance.
- Your participation is very important during the training process especially following the training plan to reduce the risk of injury and gaining valuable information from group presentations.
- Participants will need to attend the Health & Fitness Expo to pick up their AZ RNR gear; HPDP staff will not be able to pick up your items for you. Please make arrangements ahead of time to attend this event.

2. TRANSPORTATION:

- Transportation will not be provided by the Health Promotion Disease Prevention Program. Participants must provide their own transportation to and from the Rock'n'Roll Arizona event.

3. HOTEL INFORMATION:

- Please follow the following link and scroll down to "hotels" to book your hotel near the event on RACE DAY.
 - <https://www.runrocknroll.com/events/arizona/accommodations>
 - Hotels will fill up quick, so please make arrangements for your stay as soon as possible. You are responsible for these arrangements.

4. INCENTIVES:

- Participants who register with Team HPDP will be given a team t-shirt and hat to wear on race day. You will also receive a AZ RNR participant t-shirt, medal and AZ RNR swag for participating.
- Please sign-in at each event to ensure that your attendance is recorded, so that you receive your incentive at the final GFC Presentation.

For more information regarding the Get Fit Challenge, contact Elena Curley at the HPDP Fitness Center at 928-283-3513 ext. 20703 or email: JMIregistration@tchealth.org