

30TH ANNUAL



**RUN ON THE BAYOU**  
**10K ♦ 5K ♦ 1/2 MILE Run / Walk**  
**Saturday, January 27, 2018**  
**Bayou Segnette State Park, Westwego, La.**

**PRESENTED BY:**



**BENEFITING: THE WESTWEGO BEAUTIFICATION COMMISSION**

**HIGHLIGHTS:**

- ❖ Course inside scenic Bayou Segnette State Park
- ❖ Crescent City Classic 10K qualifier.
- ❖ Commemorative Awards to all finishers

**DATE: Saturday, January 27, 2018**

**TIME:**

- 7:00AM: Race Day Registration and packet pickup opens
- 8:00AM: Start of 1/2 mile race
- 8:15AM: Start of 5K and 10K races

**LOCATION:**

Bayou Segnette State Park  
 7777 Westbank Expressway, Westwego, La. 70094  
 (Park entrance at intersection with Drake Avenue)  
 Race site is inside Park grounds at the Wave Pool complex.

**ENTRY FEES:**

- ❖ Check or Credit Card: *Payable to NORSI*
- ADULT (18-64): \$25.00 by Dec 31, \$30.00 by Jan 21<sup>st</sup>, \$35.00 day of race
- YOUTH (Age 17-under) & SENIORS (65-over): \$5.00 discounted entry

**\*Please check mark "✓" by RACE DISTANCE entered below**

**( Check the box for either 5K or 10K or 1/2 Mile )**

- ❖ **Participants in the 1/2 mile may also participate in the 5K or 10K, please check both if doing so.**

**HOW TO REGISTER:**

- ❖ **ON-LINE:** Online link posted at: [www.NOLArunning.com](http://www.NOLArunning.com)
- ❖ **BY MAIL TO:** NORSI, P. O. Box 2348, Kenner, La. 70063  
**( download and print form, postmark deadline is Jan 15 )**

**PRE-REGISTER In Person at:**

- ♦ West Jefferson Fitness Center, 175 Hector Avenue, Terrytown
- ♦ West Jefferson Fitness Center, 1121 Medical Ctr. Blvd., Marrero

**T-SHIRTS:**

Traditional "Gator Running Buddy" T-shirts will be given out at Packet Pickup or on the day of race prior to race start time to pre-registered entrants first. All entrants registered day of race will receive t-shirt as supplies allow. In event of reorder, details will be announced and posted on event website. Please keep race number and t-shirt tab to claim your shirt.

**Pre-Race Packet Pickup and late registration:**

Thursday, Jan 25, 4:00 pm – 6:30 pm hosted by Dynamic Physical Therapy, 7520 Westbank Expressway, Marrero

\*Day of race packet pickup and registration will be available at the race site beginning at 7:00 am

Dynamic Physical Therapy will be providing quick screens during pre-race day packet pickup at their location and on the day of race at the race site.

**AWARDS: Commemorative Awards to all finishers**

- ❖ **1/2 Mile:** 1st overall male and female and 1st, 2nd place  
 Ages 6-& Under, 7-9, 10-12, 13-15
- ❖ **5K:** 1st Overall and 1st, 2nd place age groups 10-under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-74, 75-79, 80-over
- ❖ **5K Race Walkers:** Top 3 overall male and female
- ❖ **10K:** 1st Overall and 1st, 2nd place age groups 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-over
- ❖ **10K Race Walkers:** Top 3 overall male and female

**COMPETITIVE RACEWALKERS MUST SIGN IN ON RACEDAY**

**POST RACE REFRESHMENTS Sponsored by:**

Lite Beer by Miller, Kentwood Springs Water, Gatorade, Soft Drinks, Elmer's Chee Wees, Bananas. Red Beans and Rice by Westwego Volunteers, Tastee Donuts.

**Contributing Sponsors and Supporting Sponsors:**

**BestBank Track Club**  
**West Jefferson Medical Center , West Jefferson Fitness Center**  
 Bill Bravender Ins Agency, Uzee, Butler, Arceneaux, & Bowes CPA, Jack Julius, Jr. Inc Bldg Contractors, National Furniture Outlet, 5th District Bank, Wilson Washateria , Sen. John Alario, Jr, Daul Ins Agency, Alario Brothers Marine Supplies, Kinder Morgan, JMN Specialties, Inc, Mayor Joe Peoples, Councilman Paul Johnson, Westwego Beautification Commission, Louisiana Kids, Rep Robert Billiot, Westwego Police Dept, Westwego Fire Dept, Westwego EMS, Westwego Tourist Commission, Westwego Farmers & Fisheries Market, Westwego Historical Museum, Louisiana's Health & Fitness Magazine, Kentwood Springs Water, Miller Lite Beer, Elmer's Chee Wees,

**RACE INFORMATION:**

- ♦ New Orleans Running Systems, Inc. ♦ Race Director: Chuck George
- ♦ Website: [www.NOLArunning.com](http://www.NOLArunning.com) ♦ E-Mail: [NORSI@NOLArunning.com](mailto:NORSI@NOLArunning.com)
- ♦ Phone: 504-884-7565

**Run on the Bayou 10K, 5K & 1/2 MILE ♦ Saturday, January 27, 2018 ♦ Bayou Segnette State Park, Westwego, La. 70094**

**ADULT (18 – 64)**

- \$25.00 By Dec 31
- \$30.00 By Jan 21
- \$35.00 Day of Race

**YOUTH (17 & Under) Seniors (65 & Over)**

- \$20.00 By Dec 31
- \$20.00 By Jan 21
- \$25.00 Day of Race

**CHECKS PAYABLE TO:**

**NORSI**  
 P. O. Box 2348  
 Kenner, La 70063  
 All entry fees are non-refundable

<b>BIB/RACE NUMBER</b>	<b>AMT PAID:</b>
	<b>PMT METHOD:</b>
	<b>Initials:</b>
<b>OFFICIAL USE ONLY</b>	

**PLACE CHECK MARK "✓" IN BOX OF RACE ENTERED:  10K  5K  1/2 Mile**

**PLEASE PRINT CLEARLY \***

<b>LAST NAME</b>												<b>FIRST NAME</b>				<b>MI</b>
<b>STREET ADDRESS / APARTMENT NUMBER</b>																
<b>CITY</b>												<b>STATE</b>		<b>ZIPCODE</b>		
<b>TELEPHONE NUMBER</b>						<b>DATE OF BIRTH</b>						<b>AGE</b>	<b>MALE</b>	<b>FEMALE</b>		
<b>T-SHIRT SIZE:</b>					<b>E-MAIL ADDRESS</b>											
<b>VISA</b>		<b>MC</b>		<b>ACCOUNT NUMBER</b>												
<b>PAYMENT BY CREDIT CARD</b>																

**Printed Name of Cardholder** \_\_\_\_\_ **EXPIRATION DATE:**  -

**Signature of Cardholder** \_\_\_\_\_ **CVW Code**

I know that running a roadrace is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry. I for myself and anyone else entitled to act on my behalf, waive and release New Orleans Running Systems, Inc., and all sponsors, their representatives and successors from all claims in liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose.

**SIGNATURE:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Signature of Parent or Guardian required if entrant is under 18