

# "FAMILY FUN, EAT & RUN"

## 5K Run/Walk & Kids Dash Run/Walk

Sunday, April 9, 2017 ♦ City Park, New Orleans, La



**DATE:** Sunday, April 9, 2017

**TIME:**

- 7:00 am: Race Day Registration and packet pickup opens
- 8:30 am: Start of 5K Run/Walk
- 9:30 am: Start of Kids Fun Run/Walk
- Note: Multiple races in kids dash pending quantity and ages participating.

**LOCATION:**

City Park, New Orleans

- ◀ Near the site of the new Louisiana Children's Museum ▶  
( Intersection of Henry Thomas Drive & Palm Drive )

**PROCEEDS BENEFIT AREA CHILDREN'S MUSEUMS**

**Support the Louisiana Children's Museum-New Orleans, the Bayou Country Children's Museum in Thibodaux or the Children's Museum of St. Tammany-Northshore. Choose below to benefit one or all three Children's Museums.**

**ENTRY FEES:** Checks Payable to: NORSI

**ADULT (18 & OVER )**

- \$30.00 by March 20th
- \$35.00 by April 4<sup>th</sup> & at pre-race day packet pickup
- *\*Save \$5.00 each by registering group of 3 or more*
- *( forms must be stapled together ) valid for 5K only*
- \$40.00 Day of Race ( Sunday, April 9<sup>th</sup> )

**YOUTH:\* Proof of age required at packet pickup**

- \$10.00 Age 11 to 17 \* Free: Age 10-under

**HOW TO REGISTER:**

**Online link** posted at [www.NOLArunning.com](http://www.NOLArunning.com)

- **BY MAIL TO:** \* Postmarked deadline March 29th  
NORSI, P. O .Box 2348, Kenner, La 70063

**PRE-REGISTER In Person** ( Available at the following locations)

**\*\* Payable by check to: NORSI**

- Varsity Sports - New Orleans & Metairie
- GNO Cyclery - New Orleans
- Louisiana Running & Walking - New Orleans & Metairie
- Ochsner Fitness Center -Elmwood / Harahan

**Packet pickup:** Date, Time, location ( posted later on website )

**T-SHIRTS:**

Event T-Shirts given out on the day of race 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.

**AWARDS:**

**5K:** 1st Overall, 1st, 2nd Place Age Groups 10-under, 11-14, 15-19, 20-29, 30-39, 40-49,50-59, 60-69, 70-74, 75-over.

**RACE WALKERS: 5K:** 1st, 2nd, 3rd Overall Male and Female

**KIDS RUN/WALK:** Medallions to all 1/2 mile youth division finishers.

Toys, Gift cards, prizes will be given out by way of random drawing

**POST RACE REFRESHMENTS ♦**

**For our inaugural year's race we had this and more !**

**Pork chops, jambalaya, BBQ Shrimp, White beans & Rice, Gumbo, Hot dogs, Hamburgers, Mini-Muffalettas, Ham Pistolettes, Roast Beef Pistolettes.**

**For adults only ( 21 -over ) Beer, Margarita's, Bloody Mary's, Hard Lemonade, Kentwood Spring Water**

**For the Kid's: DJ with Karaoke, Bounce Houses, Lemonade, Sno Balls, Funnel Cakes, Toy Prizes and more.**

**ADULT BEVERAGES:** Wristbands for Age 21 + will be distributed at the event info table. Must have wristband to receive any adult beverage. No exceptions, ID required

**RACE INFORMATON:**

❖ **PRODUCED BY:** New Orleans Running Systems, Inc. and PIPE

❖ **WEBSITE:** [www.NOLArunning.com](http://www.NOLArunning.com)

❖ **EMAIL:** `chuckgnorsi@yahoo.com

❖ **RACE DIRECTOR:** Chuck George, **PHONE:** 504-884-7565

**Volunteers**

❖ Phone or Text: 504-228-4770

❖ Email: [NOLArunning@cox.net](mailto:NOLArunning@cox.net)

**◀ BENEFITING THREE (3) AREA CHILDREN'S MUSEUMS ▶**



**PLEASE READ** the race details on the website before filling out and mailing this form.



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## 5K Run/Walk & Kids Dash Run/Walk

Sunday, April 9, 2017 + City Park, New Orleans, La

PLACE A CHECK MARK "✓" BY RACE ENTERED  **5K**  **KID'S DASH**  **BOTH**

**REGISTRATION FEES** BY March 20  \$30  March 21-April 4 \$35  RACEDAY (April 9) \$40

**FEE THRU RACEDAY – Youth**

ADULT (18 & OVER)  \$30  \$35  \$40

YOUTH (11 THRU 17)  \$10

KIDS ( 10 & Under)  FREE

**RACEWALKER**  
 Yes  No

**CHECK PAYABLE TO:**

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

Place checkmark (✓) in box by Charity (ies) to donate to:

<input type="checkbox"/>		Louisiana Children's Museum, New Orleans
<input type="checkbox"/>		Bayou Country Children's Museum, Thibodaux
<input type="checkbox"/>		Children's Museum of St. Tammany-Northshore
<input type="checkbox"/>	*Split donation to all three Museums	
<input type="checkbox"/>	DONATION \$	

BIB/RACENUMBER	AMOUNT PAID:
	PAYMENT METHOD:
	INITIALS:
OFFICIAL USE ONLY !!!	

\*\*\*\*\*

**◀ CHIP-TIMED RACE ▶ PLEASE PRINT CLEARLY ▶**

LAST NAME:

FIRST NAME

MI

MALE  FEMALE  AGE      DATE OF BIRTH   -   -      PHONE NUMBER     -     -

STREET ADDRESS / APARTMENT NUMBER

CITY

STATE       ZIPCODE

TELEPHONE NUMBER     -     -        DATE OF BIRTH   -   -     AGE   MALE  FEMALE

SHIRT SIZE: Y-SM  Y-MED  SM  MED  LG  XL  XXL  E-MAIL ADDRESS

PAYMENT BY CREDIT CARD  VISA  MC  ACCOUNT NUMBER     -     -     -

Printed Name of Cardholder

EXPIRATION DATE:   -

Signature of Cardholder

CVW Code

I know that running a road race 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., PIPE 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