



16th Annual
A RUN THROUGH HISTORY
1 MILE & 5K RUN & WALK
Sunday, April 23, 2017
Metairie Cemetery, New Orleans

HOSTED BY:



BENEFITING:



PRESENTED BY:



HIGHLIGHTS:

- ❖ Beautiful course inside historic Metairie Cemetery
- ❖ The largest run/walk event held inside a Cemetery in the nation
- ❖ Post race festivities with plenty of food and beverages and live music courtesy of the Benny Maygarden Band

DATE: Sunday, April 23, 2017

TIME:

- 7:30AM: Race Day Registration and packet pickup opens
- 8:30AM: Start of 1 Mile Run/Walk
- 9:00AM: Start of 5K Run/Walk

LOCATION:

Metairie Cemetery, 5100 Pontchartrain Blvd., New Orleans, La. 70124
Directions and race location information: www.LakelawnMetairie.com

ENTRY FEES:

- \$25.00 By March 31st ,
- \$30.00 April 1st to April 16th and at Pre-Race packet Pickup event
- \$35.00 Day of race (April 23rd)
- \$20.00 Youth (17-under) & Senior (65-over) by Apr. 16th
- \$25.00 Youth (17-under) & Senior (65-over) Race day
- \$50.00 Benefactor Entry

Proof of age required at packet pickup

HOW TO REGISTER:

Check or Credit Card:

Check payable to: Save Our Cemeteries

- ❖ **ON-LINE:** Online Registration Link posted on www.NOLArunning.com
- ❖ **BY MAIL:** (Postmarked deadline is April 8th)
Save Our Cemeteries
1539 Jackson Avenue, Suite # 415
New Orleans, La. 7013

PRE-REGISTER In Person:

(Available at the following locations)

- Louisiana Running & Walking Company:
 - ❖ 3020 Veterans Memorial Blvd., Metairie
 - ❖ 8123 Oak St., New Orleans
 - ❖ 4153 Canal St., New Orleans
- GNO Cyclery:
 - ❖ 1426 S. Carrollton Avenue, New Orleans

T-SHIRTS:

Commemorative "A Run Through History" Run/Walk t-shirts will be given out on raceday 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. Please keep race number and t-shirt tab to claim your shirt.

PRE-RACE PACKET PICK UP & LATE REGISTRATION:

- ❖ Hosted by Louisiana Running & Walking Company, 3020 Veterans Memorial Blvd., Metairie, La. 70002
- ❖ Date & Time:
Thursday, April 20th (4:00 pm – 6:30 pm)



AWARDS:

- **5K:**
 - 1st Overall Open, Youth, Masters, Grandmasters, Seniors
 - 1st & 2nd Place in age groups:
19-under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-74, 75-over.
- **5K RACEWALKERS:**
 - 1st thru 3rd Place Overall Male and Female
 - (Race Walkers must check in at the Race Walker official table prior to start)*
- **1 Mile:**
 - 1st overall male and female.
 - Age group division awards to be determined.

POST RACE REFRESHMENTS - Sponsored by:

Abita Beer, Abita Root Beer, Kentwood Springs Water,
Food from numerous area restaurants, Elmer's Chee Wees,
Fresh Fruit

RACE INFORMATION:

- Produced by: New Orleans Running Systems, Inc.
- Website: www.NOLArunning.com
- E-Mail: chucknorsi@cox.net
- Phone:
 - ❖ 504-884-7565 (NORSI)
 - ❖ 504-525-3377 (Save our Cemeteries)
- Race Director: Chuck George, NORSI
- Race Chairperson: Amanda Walker, Save Our Cemeteries

RACE VOLUNTEERS:

- Phone or Text: 504-228-4770
- Email: NOLArunning@cox.net



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REGISTRATION FEES:

ADULT (18 - 64) By March 31 \$25 April 1 - April 16 & Packet Pick-Up \$30 RACE DAY \$35
SENIOR (65 & Over) By April 16 & Packet Pick-Up \$20 RACE DAY (April 17) \$25
YOUTH (17 & Under) \$20
BENEFACTOR ENTRY \$50. (*Details on SOC website)

CHECKS PAYABLE TO:
SAVE OUR CEMETERIES
1539 Jackson Avenue
Suite # 415
New Orleans, La. 70130
All entry fees are non-refundable

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

PLACE A CHECK MARK "✓" BY RACE ENTERED

5K 1 MILE

RACEWALKER: YES NO

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

T-SHIRT SIZE: 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 CVV 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.

SIGNATURE: Date:

SIGNATURE: Date:

Signature of Parent or Guardian required if entrant is under 18