

ARMADILLO DASH TRAIL RUN



BONNET CARRE SPILLWAY TRAIL, NORCO



nDurance
FITNESS OF HILL HEIGHTS



SATURDAY, JUNE 24, 2017
3 MILE - ALL TRAIL RUN OR WALK
BONNET CARRE SPILLWAY TRAIL • NORCO, LA.



State Cross Country Championship Race

DATE: Saturday, June 24, 2017

TIME:

7:00 am: Race Day Registration & Packet Pickup opens

8:00 am: Start of 3 Mile Trail Run / Walk
Louisiana RRCA State Cross Country Championship
(Open to all runners and walkers)

LOCATION:

Bonnet Carre Spillway Trail, Boat Launch Pavilion,
On US Hwy 61 at the Spillway Bridge in Norco, La 70079

DIRECTION:

Google – Bonnet Carre Spillway Boat Launch Pavilion

COURSE MAP:

A 3 Mile ALL-TRAIL course. Well marked with water stations on course. Great for runners and walkers

To see the course map go to: www.NOLArunning.com

ENTRY FEES:

Check or Credit Card: Payable to NORSI

➤ **ADULT:**

- ❖ \$25.00 Registered by June 19th
- ❖ \$30.00 June 20th thru RaceDay

➤ **SENIOR (65-over)**

- ❖ \$20.00

➤ **YOUTH (17 & Under)**

- ❖ \$20.00

HOW TO REGISTER:

Payable by check or credit card to NORSI

➤ **ONLINE:**

Registration Link posted on www.NOLArunning.com

➤ **BY MAIL TO:**

- ❖ Fill out and sign entry form, and mail to:
NORSI, P. O. Box 2348, Kenner, La. 70063
- ❖ Payable by check or credit card only
- ❖ Postmarked deadline is June 10

CHIP TIMED EVENT:

Timing and scoring by timing chip. Chip is attached to your race number.

NOTE: Pin number to front only, do not bend or fold.
Number should be visible for proper scoring.

T-SHIRTS:

Check out our new vibrant "Armadillo Logo" will make for a great t-shirt. T-Shirts given to pre-registered entrants only.

NOTE: Those registered on the day of race:
Shirt sizes are NOT guaranteed.

PACKET PICKUP/REGISTRATION:

➤ **Thursday, June 22nd**

- ❖ Hosted by: Phidippides
- ❖ Location: 6601 Veterans Blvd, Metairie
- ❖ TIME: 4 pm- 6 pm

➤ **On the day of race**

- ❖ Location: at the race site (Spillway Pavilion)
- ❖ TIME: Opening at 7:00 am

AWARDS:

Custom "Armadillo Dash" Medallions to finishers

- 1st Overall Male & Female Finishers
- 1st & 2nd Age Groups Male & Female Division Winners:
10 & Under, 11-14; 15-19, 20-29, 30-39, 40-49, 50-59,
60-69, 70-over.

POST RACE REFRESHMENTS:

Hot Dogs and fixins, Beer Soft Drinks, Aquiana Springs Water,
Bananas, Elmer's Chee Wees.

RACE INFORMATION: Administered by:

- New Orleans Running Systems Road Race Management, Inc.
- Race Director: Chuck George
- Cell Phone: 504-884-7565
- Website: www.NOLArunning.com
- E-mail: NORSI@nolarunning.com

VOLUNTEER INFORMATON:

- Contact Martha George
- Cell Phone: 504-228-4770 (Call or Text)
- Email: martha@nolarunning.com

SUPPORTING SPONSORS:



