

# LAKETOWN DISTANCE FESTIVAL

## 10 Mile ♦ 10K ♦ 5K

### Run or Walk

Sunday, December 3, 2017  
Laketown- Kenner, La.

Benefiting:



**Rotary Club of Kenner**

**LAKE  
TOWN  
DISTANCE  
FESTIVAL**  
5K ♦ 10K ♦ 10 MILE  
**RUN & WALK**  
**Kenner**

#### **HIGHLIGHTS:**

- ❖ **Pancake Breakfast” hosted by the Rotary Club of Kenner**
- ❖ **USATF-RRTC Accurate certified course**
- ❖ **Proceeds Benefiting numerous community service programs hosted by the Rotary Club of Kenner**
- ❖ **Finishers award for all that complete each distance**

**DATE: Sunday, December 3, 2017**

#### **TIME:**

- ❖ **7:00am: Race day Registration & Packet Pickup opens**
- ❖ **-7:30am Early start available for 10 Mile Race Walker Division**
- ❖ **8:00 am: Start of 10 Mile Run , 10K & 5K Run/Walk**

#### **LOCATION:**

Laketown – Kenner Lakefront Park. 6000 Williams Blvd., Kenner, La. 70065  
Course ( s ) out and back on Lakefront jogging pathway. Numerous aid stations on course. Plenty of Free Parking available near race site.

**ENTRY FEES: Check or Credit Card: *Payable to NORSI***

#### **10 Mile Race:**

- ❖ \$25.00 by Sept. 30th
- ❖ \$30.00 Oct. 1st - Oct 31st
- ❖ \$35.00 Nov. 1st - Nov. 27<sup>th</sup>
- ❖ \$40.00 on day of race.

#### **10K & 5K Races:**

- ❖ \$25.00 by Sept. 30th
- ❖ \$30.00 Nov. 1st - Nov. 27<sup>th</sup>
- ❖ \$35.00 on day of race.

#### **\*THIS IS A CHIPPED-TIMED EVENT**

**Please denote division entered. Check either the 10 Mile, 10K or 5K Registration box below**

#### **HOW TO REGISTER:**

**ON-LINE: Online link posted on: [www.NOLArunning.com](http://www.NOLArunning.com)**

**BY MAIL TO: Payable by check or credit card to **NORSI**  
**NORSI, P. O. Box 2348, Kenner, La. 70063**  
**Postmarked deadline is Nov 20, 2017****

#### **PRE-RACE DAY PACKET PICKUP & LATE REGISTRATION:**

Thursday, November 30th, 4:00 pm – 6:30 pm  
at location to be announced.

#### **T-SHIRTS: LONG SLEEVE**

Given out at pre-race packet pickup event or on the day of race.  
In event of reorder, details will be announced on the day of race  
Please keep race number and t-shirt tab to claim your shirt.

#### **AWARDS - 10 MILE RACE:**

- ❖ **OVERALL AWARDS:** 1st overall
- ❖ **AGE GROUP:** 1st, 2nd place in age groups 14 & Under to 70 & Over
- ❖ **RACE WALKERS:** 1st, 2nd, 3rd overall

#### **AWARDS -10K RUN/WALK:**

- ❖ **OVERALL AWARDS:** 1st overall
- ❖ **AGE GROUP:** 1st, 2nd place in age groups 10-under to 70-over
- ❖ **RACE WALKERS:** 1st, 2nd, 3rd overall

#### **AWARDS -5K RUN/WALK:**

- ❖ **OVERALL AWARDS:** 1st overall
- ❖ **AGE GROUP:** 1st, 2nd place in age groups 10-under to 70-over
- ❖ **RACE WALKERS:** 1st, 2nd, 3rd overall

#### **POST RACE REFRESHMENTS:**

Aquiana Springs Water, Crescent Crown Distributors (Abita Light Beer),  
Elmer's Chee Wees, Bananas, Gatorade, Krispy Kreme.

► **Featuring a free Pancake breakfast hosted by  
The Rotary Club of Kenner**

#### **RACE INFORMATION:**

- ❖ **Produced By:** New Orleans Running Systems, Inc.  
Road Race Management
- ❖ **Website:** [www.NOLArunning.com](http://www.NOLArunning.com)
- ❖ **E-Mail:** [NORSI@NOLArunning.com](mailto:NORSI@NOLArunning.com)
- ❖ **Race Director:** Chuck George
- ❖ **Phone:** 504-884-7565
- ❖ **VOLUNTEERS:**
  - » **Phone or Text:** 504-228-4770
  - » **E-Mail:** [NORSI@NOLArunning.com](mailto:NORSI@NOLArunning.com)

#### **GO EAR GEAR FREE:**

Please consider running or walking in this event WITHOUT using earphones or ear gear. Ear Gear may limit your ability to hear race officials and safety announcements and converse with other participants during the run/walk.

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



**LAKETOWN DISTANCE FESTIVAL**  
**10 MILE, 10K & 5K**  
Sunday, December 3, 2017

◀ **PLACE A CHECK MARK "✓" BY RACE ENTERED** ▶

**10Mile**    **10 MILE ENTRY FEES**

|                                              |                          |      |
|----------------------------------------------|--------------------------|------|
| By Sept 30 <sup>th</sup>                     | <input type="checkbox"/> | \$25 |
| Oct. 1 <sup>st</sup> - Oct. 31 <sup>st</sup> | <input type="checkbox"/> | \$30 |
| Nov. 1 <sup>st</sup> - Nov. 27 <sup>th</sup> | <input type="checkbox"/> | \$35 |
| RACE DAY                                     | <input type="checkbox"/> | \$40 |

**10K**    **10K ENTRY FEES**

|                                              |                          |      |
|----------------------------------------------|--------------------------|------|
| By Sept 30 <sup>th</sup>                     | <input type="checkbox"/> | \$25 |
| Nov. 1 <sup>st</sup> - Nov. 27 <sup>th</sup> | <input type="checkbox"/> | \$30 |
| RACE DAY                                     | <input type="checkbox"/> | \$35 |

**5K**    **5K ENTRY FEES**

|                                              |                          |      |
|----------------------------------------------|--------------------------|------|
| By Sept 1 <sup>st</sup>                      | <input type="checkbox"/> | \$25 |
| Nov. 1 <sup>st</sup> - Nov. 27 <sup>th</sup> | <input type="checkbox"/> | \$30 |
| RACE DAY                                     | <input type="checkbox"/> | \$35 |

**RACEWALKER** (Place checkmark ✓ in box if competitive racewalker)

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

| <b>OFFICIAL USE ONLY !!!</b>                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p style="text-align: center;"><u>10 MILE BIB NUMBER</u></p> <hr/> <p style="text-align: center;"><u>10K BIB NUMBER</u></p> <hr/> <p style="text-align: center;"><u>5K BIB NUMBER</u></p> | <p><b>CHECKS PAYABLE TO:</b><br/><b>NORSI</b><br/>P. O. Box 2348<br/>Kenner, La 70063<br/><small>All entry fees are non-refundable</small></p> <p><b>AMOUNT PAID:</b></p> <hr/> <p><b>PAYMENT METHOD:</b></p> <p><input type="checkbox"/> CREDIT CARD</p> <p><input type="checkbox"/> CASH</p> <p><input type="checkbox"/> CHECK</p> <p>CHECK #:</p> <p><b>INITIALS (Please Print):</b></p> |

LAST NAME:  FIRST NAME  MI

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

STREET ADDRESS / APARTMENT NUMBER

CITY  STATE  ZIPCODE

EMERGENCY CONTACT ( PRINT NAME CLEARLY )  PHONE NUMBER  -  -

T-SHIRT SIZE: Sm  Med  Lg  XL  XXL  E-MAIL ADDRESS ( PRINT CLEARLY )

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. 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., Rotary Club of Kenner and all sponsors, their representatives and successors from all claims in liabilities of any kind arising out if 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