

**BENEFITING:****SPONSORS:****FEATURING:**

- Middendorf's Post Race Catfish Dinner for runners & walkers
- Custom Medallion to all finishers in the 10 Mile, 10K & 5K Races.
- Over \$500.00 in Varsity Sports gift certificates to overall 10 Mile Open Division Finishers, 10K & 5K
- Louisiana Senior Olympics 10K State Championship

**DATE:** Saturday, November 10, 2018**TIME:**

- 8:00 am: Start of 10 Mile, 10K and 5K
- 7:00 am: Race Day Registration and Packet Pickup Opens
- 7:30 am: Start time for 10 Mile Race Walker division (mandatory)

**LOCATION and DIRECTIONS:** Middendorf's Seafood Restaurant  
30160 US Highway 51 South, Manchac, La. 70421 (Use Exit # 15 from I-55)  
For directions: [www.middendorfsrestaurant.com](http://www.middendorfsrestaurant.com) or Phone: 985-386-6666

**COURSE:**

Out and back on US Highway 51;  
Certified Course: USATF 10 Mile Course (LA090004JF)  
\*Course Time Limit: 2 hours and 40 minutes will be enforced  
Six (6) water stations on course with Kentwood Springs Water, Powerade  
Port-o-lets placed by each station.

**ENTRY FEES:** Check or Credit Card: *Payable to NORSI***10 Mile****Adult: (18 – 64)**

- ❖ \$40. by Sept. 1<sup>st</sup>
- ❖ \$45. Sept 2<sup>nd</sup> thru Nov 4<sup>th</sup>
- ❖ \$50. Nov. 5<sup>th</sup> thru RaceDay

**Youth (17 & Under) & Senior (65 & Over):**

- ❖ \$35. by Sept. 1<sup>st</sup>
- ❖ \$40. Sept 2<sup>nd</sup> thru Nov 4<sup>th</sup>
- ❖ \$45. Nov. 5<sup>th</sup> thru RaceDay

**10K & 5K Run/Walk:****Adult: (18 – 64)**

- ❖ \$30. by Sept. 1<sup>st</sup>
- ❖ \$35. Sept. 2 thru Nov 4<sup>th</sup>
- ❖ \$40. Nov. 5 thru RaceDay

**Youth (17 & Under) & Senior (65 & Over):**

- ❖ \$20. by Sept. 1<sup>st</sup>
- ❖ \$25. Sept. 2 thru Nov 4<sup>th</sup>
- ❖ \$30. Nov. 5 thru RaceDay

**HOW TO REGISTER:****ON-LINE:** Online link posted on [www.NOLArunning.com](http://www.NOLArunning.com)**BY MAIL TO:** NORSI, P. O. Box 2348, Kenner, La. 70063  
Mailed in postmark deadline is October 25th**PRE-REGISTER In Person** ( Available at the following locations)  
(payable by check or credit card only to: *NORSI* )  
Perfectly Fit Performance Sports, 303 W. Minnesota Park, Hammond**T-SHIRTS:**

Tech fabric moisture wicking t-shirt. Please pre-register to get proper size. Entrants registered on the day of race will receive t-shirts as supplies are available. Should reorder be necessary, details will be posted and announced.

**PACKET PICKUP & REGISTRATION:**

Details posted later and emailed to each entrant

**AWARDS:****10 MILE: All finishers will receive a custom finisher's medallion**❖ **OVERALL AWARDS:**

- Gift certificates courtesy of Varsity Sports ( \$125.00, \$100.00, \$50.00) to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female
- **Commemorative awards presented to:**
  - » 1<sup>st</sup> masters, 1<sup>st</sup> grand masters, 1<sup>st</sup> Senior, 1<sup>st</sup> Youth,
  - » RaceWalker: 1<sup>st</sup> male and female

**10K: All finishers in the Louisiana Senior Olympics State Championship will receive a custom medallion.**

- ❖ Varsity Sports \$50.00 gift certificate to 1<sup>st</sup> overall male & female.
- ❖ Special commemorative awards will be presented to the 1<sup>st</sup> masters, grand masters, senior, legend, youth,
- ❖ Race walker male female.

**5K: All finishers will receive a custom finishers medallion**

- ❖ Varsity Sports \$50.00 gift certificate to 1<sup>st</sup> overall male and female.
- ❖ Special commemorative awards will be presented to the 1<sup>st</sup> masters, grand masters, senior, legend, youth, race walker male & female.

**CHIP TIMED EVENT:**

Do not switch race number or timing chip with others.

**POST RACE REFRESHMENTS:**

FEATURING: Middendorf's Restaurant's famous thin fried catfish dinner with coleslaw and french bread ! Michelob Ultra Beer, Gnarly Barley Beer, Coca-Cola, Powerade, Kentwood Springs Water, Elmer's Chee Wees, Banana's. Join us after the race party at Middendorf's for the postrace after party at the Gator's Den located across the bridge. !

**RACE INFORMATON:**

- Administered by:
  - ❖ New Orleans Running Systems Road Race Management, Inc.
- Race Director: Chuck George (NORSI)
- Cell Phone: 504-884-7565 ( Call or Text )
- Website: [www.NOLArunning.com](http://www.NOLArunning.com)
- Email: [chuck@nolarunning.com](mailto:chuck@nolarunning.com)

**RACE VOLUNTEERS:**

- Cell Phone: 504-228-4770 ( Call or Text )
- Email: [NORSI@nolarunning.com](mailto:NORSI@nolarunning.com)

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



# MIDDENDORF'S MANCHAC 10 MILE, 10K & 5K

Saturday, November 10, 2018  
Middendorf's Restaurant, Manchac, La, 70421

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

<input type="checkbox"/>	<b>10Mile</b>	<b>ADULT</b> (18 - 64)	<b>SENIOR</b> (65 & Over)	<b>YOUTH</b> (17 & Under)
	By Sept 1st	<input type="checkbox"/> \$40	<input type="checkbox"/> \$35	<input type="checkbox"/> \$35
	Sept 2 - Nov 4	<input type="checkbox"/> \$45	<input type="checkbox"/> \$40	<input type="checkbox"/> \$40
	Nov. 5 - RACE DAY	<input type="checkbox"/> \$50	<input type="checkbox"/> \$45	<input type="checkbox"/> \$45
<input type="checkbox"/>	<b>10K</b>	<b>ADULT</b> (18 - 64)	<b>SENIOR</b> (65 & Over)	<b>YOUTH</b> (17 & Under)
	By Sept 1st	<input type="checkbox"/> \$30	<input type="checkbox"/> \$20	<input type="checkbox"/> \$20
	Sept 2 - Nov 4	<input type="checkbox"/> \$35	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
	Nov 5 - RACE DAY	<input type="checkbox"/> \$40	<input type="checkbox"/> \$30	<input type="checkbox"/> \$30
<input type="checkbox"/>	<b>5K</b>	<b>ADULT</b> (18 - 64)	<b>SENIOR</b> (65 & Over)	<b>YOUTH</b> (17 & Under)
	By Sept 1st	<input type="checkbox"/> \$30	<input type="checkbox"/> \$20	<input type="checkbox"/> \$20
	Sept 2 - Nov 4	<input type="checkbox"/> \$35	<input type="checkbox"/> \$25	<input type="checkbox"/> \$25
	Nov. 5 - RACE DAY	<input type="checkbox"/> \$40	<input type="checkbox"/> \$30	<input type="checkbox"/> \$30
<input type="checkbox"/>	<b>RACEWALKER</b>	(Place checkmark ✓ in box if competitive racewalker)		

**OFFICIAL USE ONLY !!!**

<p><u>10 MILE BIB NUMBER</u></p>  <p><u>10K BIB NUMBER</u></p>  <p><u>5K BIB NUMBER</u></p>	<p><b>CHECKS PAYABLE TO:</b></p> <p style="text-align: center;"><b>NORSI</b> P. O. Box 2348 Kenner, La 70063</p> <p><small>All entry fees are non-refundable</small></p> <p><b>AMOUNT PAID:</b></p>  <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>
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◀ 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																													
T-SHIRT SIZE:					E-MAIL ADDRESS																																												
PAYMENT BY CREDIT CARD					ACCOUNT NUMBER										EXPIRATION DATE:																																		
Printed Name of Cardholder																																																	
Signature of Cardholder																																																	

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., Middendorf's Restaurant, 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