



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



All proceeds benefit:



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 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. 1st
 - ❖ \$45. Sept 2nd thru Nov 4th
 - ❖ \$50. Nov. 5th thru RaceDay

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

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

10K & 5K Run/Walk:

- Adult: (18 – 64)**
- ❖ \$30. by Sept. 1st
 - ❖ \$35. Sept. 2 thru Nov 4th
 - ❖ \$40. Nov. 5 thru RaceDay

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

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

HOW TO REGISTER:

ON-LINE: Online link posted on 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 1st, 2nd, 3rd Male and Female
- Commemorative awards presented to:
 - » 1st masters, 1st grand masters, 1st Senior, 1st Youth,
 - » RaceWalker: 1st 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 1st overall male & female.
- ❖ Special commemorative awards will be presented to the 1st 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 1st overall male and female.
- ❖ Special commemorative awards will be presented to the 1st 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
- Email: chuck@nolarunning.com

RACE VOLUNTEERS:

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



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



MIDDENDORFF'S MANCHAC 10 MILE, 10K & 5K

Saturday, November 10, 2018

Middendorff's Restaurant, Manchac, La, 70421

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

<input type="checkbox"/>	10Mile	ADULT (18 - 64)	SENIOR (65 & Over)	YOUTH (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"/>	10K	ADULT (18 - 64)	SENIOR (65 & Over)	YOUTH (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"/>	5K	ADULT (18 - 64)	SENIOR (65 & Over)	YOUTH (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"/>	RACEWALKER	(Place checkmark ✓ in box if competitive racewalker)		

OFFICIAL USE ONLY !!!

<p style="text-align: center; color: blue;">10 MILE BIB NUMBER</p> <p style="text-align: center; color: red;">10K BIB NUMBER</p> <p style="text-align: center; color: green;">5K BIB NUMBER</p>	<p>CHECKS PAYABLE TO: NORSI P. O. Box 2348 Kenner, La 70063</p> <p><small>All entry fees are non-refundable</small></p> <p>AMOUNT PAID:</p> <p>PAYMENT METHOD:</p> <p><input type="checkbox"/> CREDIT CARD</p> <p><input type="checkbox"/> CASH</p> <p><input type="checkbox"/> CHECK</p> <p>CHECK #:</p> <p>INITIALS (Please Print):</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: 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 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., Middendorff'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