

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. 27th
- ❖ \$40.00 on Day of Race.

10K & 5K Races:

- ❖ \$25.00 by Sept. 30th
- ❖ \$30.00 Oct. 1st - Nov. 27th
- ❖ \$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

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
- ❖ Phidippides, 6601 Veterans Memorial Blvd, Metairie, La

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

❖ **E-Mail:** NORSI@NOLArunning.com

❖ **Race Director:** Chuck George

❖ **Phone:** 504-884-7565

❖ **VOLUNTEERS:**

» **Phone or Text:** 504-228-4770

» **E-Mail:** 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 th	<input type="checkbox"/>	\$25
Oct. 1 st - Oct. 31 st	<input type="checkbox"/>	\$30
Nov. 1 st - Nov. 27 th	<input type="checkbox"/>	\$35
RACE DAY	<input type="checkbox"/>	\$40

10K **10K ENTRY FEES**

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

5K **5K ENTRY FEES**

By Sept 1 st	<input type="checkbox"/>	\$25	ADULT (65 & OVER)	YOUTH (17 & under)	
Oct. 1 st - Nov. 27 th	<input type="checkbox"/>	\$30	SENIOR (65 & OVER)		
RACE DAY	<input type="checkbox"/>	\$35	By Nov. 27 th	<input type="checkbox"/>	\$25
			RACE DAY	<input type="checkbox"/>	\$30

RACEWALKER (Place checkmark ✓ in box if competitive racewalker)
◀ **CHIP-TIMED RACE** ▶ **PLEASE PRINT CLEARLY** ▶

OFFICIAL USE ONLY !!!

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

FIRST NAME	MI

MALE	FEMALE	AGE	DATE OF BIRTH	PHONE NUMBER

STREET ADDRESS / APARTMENT NUMBER

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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