

31st Annual



RUN ON THE BAYOU

10K ♦ 5K ♦ 1/2 MILE Run / Walk
Saturday, January 26, 2019
Bayou Segnette State Park
Westwego, La.

PRESENTED BY:



BENEFITING:

THE WESTWEGO BEAUTIFICATION COMMISSION

HIGHLIGHTS:

- ❖ Course inside scenic Bayou Segnette State Park
- ❖ Crescent City Classic 10K qualifier.

DATE: Saturday, January 26, 2019

TIME:

7:00AM: Race Day Registration and packet pickup opens

8:00AM: Start of 1/2 mile race

8:15AM: Start of 5K and 10K races

LOCATION:

Bayou Segnette State Park
7777 Westbank Expressway, Westwego, La. 70094
(Park entrance at intersection with Drake Avenue)
Race site is inside Park grounds at the Wave Pool complex.

Contributing Sponsors and Supporting Sponsors:

❖ BestBank Track Club

Bill Bravender Ins Agency, Uzee, Butler, Arceneaux, & Bowes CPA, Jack Julius, Jr. Inc Bldg Contractors, National Furniture Outlet, 5th District Bank, Wilson Washateria, Sen. John Alario, Jr, Daul Ins Agency, Alario Brothers Marine Supplies, Kinder Morgan, JMN Specialties, Inc, Mayor Joe Peoples, Councilman Paul Johnson, Westwego Beautification Commission, Louisiana Kids, Rep Robert Billiot, Westwego Police Dept, Westwego Fire Dept, Westwego EMS, Westwego Tourist Commission, Westwego Farmers & Fisheries Market, Westwego Historical Museum, Louisiana's Health & Fitness Magazine, Kentwood Springs Water, Miller Lite Beer, Elmer's Chee Wees

REGISTRATION FEES:

10K & 5K RACES:

- ❖ **ADULT -**
 - \$25.00 - by Dec. 31st
 - \$30.00 - by Jan 1st – Jan21st
 - \$35.00 - Day of Race (Jan 26th)
- ❖ **SENIOR (65 & OVER)**
 - \$20.00 - by Jan. 21st
 - \$25.00 - Day of Race. (Jan. 26th)
- ❖ **YOUTH (17 & UNDER)**
 - \$20.00 - by Jan. 21st
 - \$25.00 - Day of Race. (Jan. 26th)

1/2 MILE KIDS DASH RACE ONLY:

- ❖ **YOUTH (14 & UNDER)**
 - \$20.00 - by Jan. 26th

*THIS IS A CHIPPED-TIMED EVENT

Please denote division entered. Check either the 10K, 5K or 1/2 MILE in the Registration Section

HOW TO REGISTER:

- ❖ **ON-LINE:** Online link posted at: www.NOLArunning.com
- ❖ **BY MAIL TO:** NORSI, P. O. Box 2348, Kenner, La. 70063
(download and print form, postmark deadline is Jan 15

T-SHIRTS:

The traditional "Gator Running Buddy" T-shirts will be given out at Packet Pickup or on the day of race prior to race start time to pre-registered entrants first. All entrants registered day of race will receive t-shirt as supplies allow. In event of reorder, details will be announced and posted on event website. Please keep race number and t-shirt tab to claim your shirt.

PRE-RACE PACKET PICKUP / REGISTRATION:

Thursday, Jan 24, 4:00 pm – 6:00 pm

Location: Dynamic Physical Therapy
7520 Westbank Expressway, Marrero

*Day of race packet pickup and registration will be available at the race site beginning at 7:00 am

AWARDS:

Commemorative Awards for all 10K & 5K finishers

❖ 10K RACE

- **OVERALL** 1st Overall Male & Female Finishers
- **AGE GROUP: 2 Deep**
19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & Over
- **RACEWALKER OVERALL:** 1st, 2nd, 3rd Male & Female

❖ 5K RACE

- **OVERALL** 1st Overall Male & Female Finishers
- **AGE GROUP: 2 Deep**
14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & Over
- **RACEWALKER OVERALL:** 1st, 2nd, 3rd Male & Female

❖ 1/2 MILE

- **AGE GROUP: 2 Deep** 6 & Under, 7-9, 10-12, 13 & Over

◀ COMPETITIVE RACEWALKERS MUST SIGN IN ON RACEDAY ▶

POST RACE REFRESHMENTS Sponsored by:

Lite Beer by Miller, Kentwood Springs Water, Powerade, Soft Drinks, Elmer's Chee Wees, Bananas. Red Beans and Rice by Westwego Volunteers, Barbe's Dairy products, Tastee Donuts.

RACE INFORMATION:

- ❖ **New Orleans Running Systems, Inc.**
- ❖ **Race Director: Chuck George**
- ❖ **Website: www.NOLArunning.com**
- ❖ **E-Mail: NORSI@NOLArunning.com**
- ❖ **Phone: 504-884-7565**

RESULTS POSTED AT:

NOLArunning.com



NOLArunning.com

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



RUN ON THE BAYOU 10K, 5K & 1/2 RUN/WALK

Saturday, January 26, 2019 ♦ Westwego, La

10K & 5K ENTRY FEES:

	BY Dec. 31	BY Jan 21	RACEDAY
ADULT (18 – 64)	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35
SENIOR (65 & Over)	<input type="checkbox"/>	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
YOUTH (17 & Under)	<input type="checkbox"/>	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

1/2 MILE KID'S DASH ENTRY FEE

1/2 MILE (14 & Under) \$20 thru raceday

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

<input type="checkbox"/>	10K	<input type="checkbox"/>	10K & 1/2 MILE
<input type="checkbox"/>	5K	<input type="checkbox"/>	5K & 1/2 MILE
<input type="checkbox"/>	1/2 MILE		

NOTE: COMPETITIVE RACEWALKERS MUST SIGN IN ON RACEDAY

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

OFFICIAL USE ONLY !!!	
10K Bib Number	CHECKS PAYABLE TO: NORSI P. O. Box 2348 Kenner, La 70063 <small>All entry fees are non-refundable</small>
5K Bib Number	AMOUNT PAID:
1/2 Mile Bib Number	PAYMENT METHOD <input type="checkbox"/> CREDIT CARD <input type="checkbox"/> CASH <input type="checkbox"/> CHECK
	CHECK # INITIALS (PLEASE PRINT)

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: 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., Westwego Beautification Commission, Dynamic Physical Therapy, 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