

The 4th Annual Resolution Run

Presented by:



January 7, 2012 1 mile & 5K Walk / Run Keep those resolutions in check!

BENEFITING

The Cancer Program of



DATE: Saturday, 01/07/2012

TIME: 8:00 a.m. – Start of 1-mile race
8:30 a.m. – Start of 5K race
8:31 a.m. – Start of 5K race walkers
Race day registration & number pickup begins at 7:00 a.m.

PLACE: Terra Bella – 100 Terra Bella Blvd., Covington, LA
Hwy 1085 ~ one mile west of Hwy. 21

COURSE: Hybrid course - on road and off road

ENTRY FEES: (checks payable to: 15th Street Flyers)

Pre-Registration: (post-marked by December 30, 2011)

\$10.00 Youth (age 16 & under)

\$20.00 Adult (age 17 & over)

Payable by check to:

15th Street Flyers, C/O: 49 Karen Drive, Covington, 70433

Race Day Registration:

\$12.00 Youth (age 16 & under)

\$25.00 Adult (age 17 & over)

\$20.00 Day of race no t-shirt entry fee will be available

IN PERSON: (must be dropped off by 12-30-11):

Varsity Sports, 2021 Claiborne St., Mandeville, LA

Terra Bella, 100 Terra Bella Blvd., Covington, LA

Mary Bird Perkins Cancer Center

1203 S. Tyler St., Covington, LA

T-SHIRTS:

T-shirts will be given out to all pre-registered entrants on the day of the race. Entrants registered after December 30th are not guaranteed sizes and may have to pick up shirt two weeks after race should shirts run out. (Pick up location to be announced on race day)

AWARDS:

1 Mile: Overall Male and Female; 1st, 2nd place in age groups 5-under, 6-7, 8-9, 10-11, 12-13, 14-16 (male & female).

5K: Overall Male & Female; Master Male & Female; Overall Race Walker Male & Female and age group awards for 1st, 2nd Place in age groups, 10 & under thru 70 & Over (male & female)

REFRESHMENTS:

Post race refreshments, including local food and beverages will be available to all registered participants.

Race Administered by:

TerraBella Village and

The 15th Street Flyers Running & Walking Club

FOR RACE INFORMATION CALL:

Diane Weiss: 985.893.3684 or 504.460.2991

Leslie Landry: 985-875-2234

Race Applications available: www.15thstreetflyers.org
www.terrabellavillage.com or www.marybird.org/calendar

Entry fees are non-refundable!

DETACH BOTTOM PORTION AND RETURN WITH PAYMENT

(PLEASE COMPLETE ONE FORM PER PERSON)

\$10.00 Youth (16 & under) registered by 12/30/2011

\$12.00 Youth (16 & under) race day

\$20.00 All entrants registered by 12/30/2011

\$25.00 All entrants race day

\$20.00 Race Day No T-shirt entry

Checks payable to: 15th Street Flyers, 49 Karen Drive, Covington, La. 70433

Entry fees are non-refundable!

PLEASE PRINT CLEARLY:

Last Name _____ First Name _____ MI _____

Street Address/Apartment Number _____ City, State, Zip Code _____

Sex M _____ Sex F _____ Telephone Number _____ Date of Birth _____ Age _____ Walker: _____ yes _____ no _____

Shirt Size: YS _____ YM _____ YL _____ S _____ M _____ L _____ XL _____ XXL _____ Email Address _____

I know that running a road race 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 the run. I assume all the risks associated with running in this event including but not limited to my health, accidents, contact with other participants, the effects of weather, including high heat and/or humidity, traffic conditions of the road and other hazards, known and unknown, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive, release, hold harmless and agree to indemnify the Parish of St. Tammany, TerraBella Group, LLC, TerraBella Residential Owners Association, TerraBella Commercial Owners Association, the 15th Street Flyers, The Cancer Program of Mary Bird Perkins and St. Tammany Parish Hospital and all sponsors, their agents, employees, members, representatives and successors from and against all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: By participant or Parent or Guardian if under 18

DATE

Race Number