2013 5K/1 Mile Charity Run

DATE

Saturday, November 2, 2013

TIME

Check-In: 7am Warm Up 7:45 am

8:00 a.m. 5 K and 8:45 am 1 Mile

COURSE

Mandeville Lakefront—Start at Harbor

PARKING

Free Parking available near Lakefront

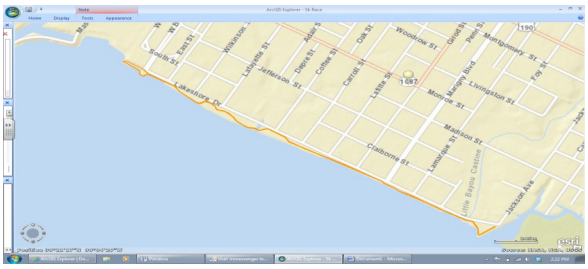
ELIGIBILITY

The race is open to runners, joggers, race walkers, walkers, wheelchair participants of all ages and abilities

POST RACE PARTY

Water, Powerade, Fruit, Various Snacks/Drinks

MAP



REGISTRATION

Early: Must be postmarked by Oct. 26, 2013

Late: Available at race site 7-7:45 am Saturday

ENTRY FEE

Early $20.00	$10.00 Children under 12
Late: $25.00	$15.00 Children under 12

AGE DIVISIONS

5 and Under	30-39
6-12	40-49
13-18	50–59
19—29	60 and Over

AWARDS

T-Shirts To All Runners

1 Mile: Participation awards for all

5K: Awards go to the 1st Overall Male & Female and to the top two finishers in each age divisions Male & Female.

(If sign up after Oct. 26 receive shirt following week)

DOOR PRIZES

Local merchant gift certificates & other prizes given in random drawing

- For more information contact Pamela Broussard 985-727-7277.
- For additional registration forms and race results check our website: www.MandevilleSportsComplex.com

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2013 Safe Harbor 5-K/1 Mile Run

Check One

☐ 5-K Run ☐ 1 Mile Run/Walk

☐ 5-K Racewalker ☐ Wheelchair

T-SHIRT SIZES

☐ Small ☐ Medium ☐ Child Medium

☐ Large ☐ X-Large

Make checks payable to:
Mandeville Sports Complex
23052 Highway 1088
Mandeville, LA 70448

Name _____ Date of Birth _____

Address _____ Telephone _____

City _____ State ___ Zip _____ Sex ___ Age on Race Day _____

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 my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waive and knowing these facts and in consideration of your accepting my entry, I , for myself and anyone entitled to act on my behalf, waive and release Mandeville Sports Complex, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

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Date Signature (Parent or Guardian)