



5K Run/Walk

Sat, August 28

7 p.m. • Metairie, LA

benefitting
Various Local Charities

DATE: Saturday Evening
August 28, 2010

TIME: 7:00 P.M. – Start of 5K Run/Walk
6:00 p.m. – Race day registration and packet pickup opens

PLACE: The MAX, 2501 Woodlawn Ave.,
Metairie
(Woodlawn at I-10 Service Rd)

ENTRY FEES: (payable by check, money order or credit card to New Orleans Track Club)

- \$25.00 – Pre-registered by Aug. 23
- \$20.00 – Pre-registered NOTC Members by Aug. 23
- \$30.00 – Registered after Aug. 23 and on day of race

PRE-REGISTRATION:

(In person locations entry fees payable by Check or Credit Card only thru Aug. 23)

- Phidippides - 6601 Veterans Blvd., Metairie
- GNO Cyclery - 1426 S. Carrollton Ave., New Orleans
- Sneaker Shop - 904 Harrison Ave., New Orleans
- GNO Tri Sports - 7306 Lakeshore Dr., New Orleans
- Varsity Sports - 3450 Magazine St., New Orleans
- Southern Runner - 6112 Magazine St., New Orleans
- Bicycle Connection - 3236 North Arnoult, Metairie
- West Jefferson Fitness Center - 175 Hector Ave., Terrytown
- West Jefferson Fitness Center - 1121 Medical Center Blvd., Marrero
- Varsity Sports - 2021 Claiborne St., Mandeville
- Runner's Choice - 4700 Hwy. 22, Mandeville
- Perfectly Fit Performance Sports - 303 W. Minnesota Park, Hammond
- Louisiana Running Company - 4153 Canal St. New Orleans

PRE-REGISTRATION BY MAIL OR FAX:

(Postmarked and faxed deadline is August 23)
New Orleans Track Club, P.O. Box 52003, New Orleans, LA 70152-2003
Fax: 504-469-9268
Please fax in sign up section only, not the entire form. Do not reduce or increase the entry form size. Faxed-in forms are payable by credit card only. No cover sheet is needed.

PRE-REGISTRATION ONLINE: Visit the NOTC website at www.runNOTC.org for more details.

T-SHIRTS: Custom commemorative t-shirts to pre-registered entrants given out prior to start time on the day of race. If registered on day of race, shirts will be given out after start of race while supplies last. If reorder is necessary, details to be announced at race.

AWARDS: Custom commemorative awards to the top 500 finishers.

REFRESHMENTS: Kentwood Springs Water, Lite Beer by Miller, Jambalaya, Coca-Cola, Elmer's Chee Wees, Bananas

ENTERTAINMENT: Continuous entertainment at the festival site. The Wiseguys will be playing for the run/walk.



Race Administered by:
THE NEW ORLEANS TRACK CLUB, INC.
A non-profit corporation and member of
USA T&F and RRCA.




For Race information call: (504) 467-8626
Race Director: Chuck George
FAX (504) 469-9268 • E-MAIL: NOTC@runNOTC.org
Race Volunteers call (504) 468-1488
website: www.runNOTC.org

Rock the Block • Saturday, August 28 • 7 p.m. • Metairie, La.

- \$25.00 – Pre-registered by Aug. 23
- \$20.00 – Pre-registered NOTC members by Aug. 23
- \$30.00 – Registered after Aug. 23 and on day of race

RACE NUMBER	Checks payable to: NEW ORLEANS TRACK CLUB, INC. P.O. Box 52003 New Orleans, LA 70152-2003 <i>All entry fees are non-refundable</i>
<i>Official Use Only</i>	

PLEASE PRINT CLEARLY

LAST NAME FIRST NAME M.I.

STREET ADDRESS/APARTMENT NUMBER

CITY STATE ZIP/POSTAL CODE SEX M SEX F

TELEPHONE NUMBER DATE OF BIRTH AGE WALKER: Y N

NOTC MEMBER NUMBER T-SHIRT SIZE: S M L XL XXL E-MAIL ADDRESS

FOR PAYMENT BY CREDIT CARD (Visa, MasterCard only) VISA MC ACCOUNT NUMBER EXPIRATION DATE

SIGNATURE OF CARDHOLDER _____ CVV CODE

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 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 the New Orleans Track Club, Inc. 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 if Entrant is Under 18)