

12th Annual

"RUN FORREST RUN"

5K Run/Walk

Sunday, April 25, 2010

French Quarter, New Orleans

Hosted by: Bubba Gump Shrimp Company Restaurant and Market

Benefiting: Children's Hospital

DATE: Sunday, April 25, 2010

TIME:

7:30AM: Race day registration and packet pickup opens

8:30AM: Start of 5K Runners and Walkers

PLACE:

Bubba Gump Shrimp Company Restaurant and Market
429 Decatur Street, New Orleans
(corner of Decatur and St. Louis Street)

Course: Beautiful French Quarter 5K course
(see the course map link on club website)

Parking: Discount parking (\$3.00 special event flat rate valid until 11:30AM) at the riverfront parking lots (Jax and Sugar Lots) located between Conti Street and Toulouse Street (across from Bubba Gump's)
Validation details will be announced at the race site.

ENTRY FEES:

(payable by check or credit card only to: NOTC)
\$20.00 Pre-Registered NOTC Members by April 19th
\$22.00 Pre-Registered non members by April 19th
\$25.00 All entrants after April 19th and day of race

PRE-REGISTRATION LOCATIONS: (opening March 22nd)

In person payable by check or credit card only at:
Bubba Gump Shrimp Co. , 429 Decatur, New Orleans
Children's Hospital Development Office
200 Henry Clay Avenue., New Orleans
Phidippides Sports, 6601 Veterans Blvd., Metairie
GNO Cyclery, 1426 S. Carrollton Avenue, New Orleans
Sneaker Shop, 904 Harrison Ave., New Orleans
Varsity Sports, 2021 Claiborne Str., Mandeville
GNO Tri Sports, 7306 Lakeshore Drive, New Orleans
Bicycle Connection, 3236 N. Arnoult, Metairie
West Jefferson Fitness Centers, 175 Hector Avenue,
Terrytown and 1121 Medical Center Blvd, Marrero
Runner's Choice, 4700 Hwy 22, Mandeville
Perfectly Fit Performance Sports, 303 W. Minnesota, Hammond

PRE-REGISTRATION BY MAIL: (Postmarked by April 17th)

NOTC, P. O. Box 52003, New Orleans, La. 70152-2003

*Pickup race number/packet on day of race

PRE-REGISTRATION BY FAX: (Deadline April 19th)

Fax to: 504-469-9268, fax entries payable by credit card only
Please fax in signup section only, not the entire form. Format to fit on one page maximum 8-1/2 x 11. Please print clearly

PRE-REGISTRATION ON-LINE:

Entry form is posted on NOTC website at www.runNOTC.org , please read form and use online link on form.

T-SHIRTS:

Run Forrest Run t-shirts will be given out to pre-registered entrants on the day of race prior to the 5K race start time. All race day entrants may begin pickup of their shirt after that time. Should supplies run out, details as to reorder and pickup locations will be announced. Please keep official race number/t-shirt tab until claiming t-shirt

AWARDS: Run Forrest Run 5K

Featuring "Bubba Gump" merchandise items to the following overall division winners:
1st Open, Masters, Grand masters, Seniors

5K: Age Group Divisions: (1st and 2nd place)
10-under thru 80 and over

5K: Race Walkers Divisions: Top 5 overall male and female

Post race activities and Refreshments:

Shrimp Shack pasta, salad and bread by Bubba Gump Shrimp Company Restaurant and Marketplace
Michelob Ultra Beer, Kentwood Springs Water, Dr. Pepper and Diet Dr. Pepper, Fresh Fruit courtesy of Louisiana Produce Co.

Race Administered by the:

New Orleans Track Club, Inc. a member of the Road Runners Club of America (RRCA) and USATF.
Race Chairman: Roger Gorman, Director of Development, Children's Hospital
Race Director: Chuck George

Race Information:

Phone: 504-467-8626

E-Mail: NOTC@runNOTC.org

Website: www.runNOTC.org

Fax: 504-469-9268

Volunteers please call: 504-468-1488

(Race day volunteers are needed!!)

Headphones Policy:

The NOTC strongly discourages the use of headphones during the running or walking of this event. In order to better enjoy and experience this event on a safer level and to be part of the camaraderie of your fellow participants, please leave your headphones, ipod, etc at home.
