



10 Mile and 5K

Saturday, Oct. 16, 2010

Middendorf's Restaurant Manchac, Louisiana



RRCA Louisiana 10 Mile State Championship
***NOTC Grand Prix Series Race**

Featuring: Technical Fabric T-shirts



DATE: Saturday, October 16, 2010

TIME:
8:00 a.m. - Start of 5K and 10 Mile Races
7:00 a.m. - Race day registration and packet pickup opens

COURSE:
Out and Back (going south) on US Hwy 51 for both 5K and 10 Mile races. *Time limit on course is 2 hrs., 40 min. (10 miler).
USATF-RRTC certification #LA09004JF

PLACE:
Middendorf's Seafood Restaurant
30160 Highway 51 South, Manchac, LA 70421
(exit #15 on I-55)
www.middendorfsrestaurant.com or 985-386-6666

ENTRY FEES: 5K RACE
\$25.00 Pre-Registered by Oct. 9
\$20.00 Registered NOTC members by Oct. 9
\$30.00 All entrants after Oct. 9 and on the day of race

ENTRY FEES: 10 MILE RACE
\$30.00 Pre-Registered by Oct. 9
\$25.00 Registered NOTC members by Oct. 9
\$35.00 All entrants after Oct. 9 and on the day of race

(Please check race entered in sign up section below – 5K or 10 Mile)

IN PERSON REGISTRATION AT THE FOLLOWING LOCATIONS: Payable by check or credit card only
Middendorf's Seafood Restaurant, Manchac
Perfectly Fit Performance Sports - 303 W. Minnesota Park, Suite E, Hammond
Varsity Sports - 2021 Claiborne St., Mandeville
Varsity Sports - 2055 Perkins Raod, Baton Rouge
Runner's Choice, 4700 Hwy. 22, Mandeville
Phidippides Sports- 6601 Veterans Blvd., Metairie
GNO Cyclery - 1426 S. Carrollton, New Orleans
Sneaker Shop - 904 Harrison Ave., New Orleans
Louisiana Running Company - 4153 Canal St., 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, Terrytown
West Jefferson Fitness Center, 1121 Medical Ctr. Blvd., Marrero

T-SHIRTS:
Custom screen printed technical moisture wicking fabric t-shirts (\$25.00 value). Please pre-register to assist with t-shirt style and quantity order. Entrants registered on the day of race may have to claim their shirt at a later date. Reorder details if necessary will be announced. Please save race number/t-shirt tab until claiming your shirt.

AWARDS: 5K Race
1st overall open, masters, grandmasters, seniors, youth
1st and 2nd place in age groups 10 and under thru 80 and over

AWARDS: 10 Mile RRCA State Championship Race
1st overall open, masters, grandmasters, seniors, youth
1st and 2nd place in age groups 14 and under thru 75 and over

AWARDS: Race Walkers
1st , 2nd, 3rd place overall in 5K and 10 miler (Note course time limit in 10 miler)

IMPORTANT PLEASE READ SCORING INFO:
This is a bar code scored race. Please **PRINT CLEARLY**. The race number assigned to you must be the one you use if registering more than one person. Please check the race you are entering on sign up section below (5K or 10 mile)

REFRESHMENTS & POST RACE FESTIVITIES:
Middendorf's Famous Thin Fried Catfish with House made Potato Salad and Tartar Sauce, Michelob Ultra Beer, Coca Cola, Vitamin Water, Kentwood Springs Water, Elmer's Chee-Wees, Bananas. Post Race Festivities at the Middendorf's Dock.



Hammond
Running Club



HOW TO REGISTER:
▶ **BY MAIL:** NOTC, P. O. Box 52003, New Orleans, LA 70152-2003
▶ **BY FAX:** 504-469-9268 (payable by credit card only)
▶ **ON-LINE:** Visit www.runNOTC.org for details



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

MIDDENDORF'S MANCHAC RUN • 5K & 10 MILE RUN/WALK • SATURDAY, OCTOBER 16, 2010

- | | |
|---|---|
| <input type="checkbox"/> 5K RACE | <input type="checkbox"/> 10 MILE RACE |
| <input type="checkbox"/> \$25.00 Pre-Registered by Oct. 9 | <input type="checkbox"/> \$30.00 Pre-Registered by Oct. 9 |
| <input type="checkbox"/> \$20.00 Registered NOTC members by Oct. 9 | <input type="checkbox"/> \$25.00 Registered NOTC members by Oct. 9 |
| <input type="checkbox"/> \$30.00 All entrants after Oct. 9 and on day of race | <input type="checkbox"/> \$35.00 All entrants after Oct. 9 and on day of race |

| |
|-------------------|
| RACE NUMBER |
| Official Use Only |

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|--|
| Checks payable to: NEW ORLEANS TRACK CLUB, INC. P.O. Box 52003 New Orleans, LA 70152-2003 All entry fees are non-refundable |
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PLEASE PRINT CLEARLY – BAR CODE SCORED RACE

| | | | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|----------------------------|--|----------------|--|--|--|--|--|-----------------|--|--|--|-------|--|-------|--|------|--|
| 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 (Last 3 digits on back of card) | | | | | | | | | | | |

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 _____
Signature _____
(Signature of Parent or Guardian if Entrant is Under 18)

Date: _____
Date: _____

