

# THE MONSTER DASH

Friday, October 8, 2010

2 Mile Run/Walk

New Orleans



Sponsored by:

Benefiting the:



\*Post race party inside the Howlin Wolf

\*Live music by "FLASHBACK" [www.myspace.com/flashbackla](http://www.myspace.com/flashbackla)

\*Fluorescent printed custom designed commemorative t-shirts

#### DATE:

Friday evening, October 8, 2010

#### TIME:

7:00PM: Start of 2 Mile Run/Walk

6:00PM: Race Day Registration and Packet Pickup opens inside the Howlin Wolf.

#### PLACE:

Howlin Wolf, 907 South Peters Street, New Orleans.  
(corner of N. Diamond Street)

PARKING: \$5.00 flat rate parking for race participants is available at the Central Parking Systems lots located at

\*Fulton Street Garage, 901 Convention Center Blvd.

\*Parking lots at 860 and 865 Magazine Street (corner of St. Joseph Street) \*Valid from 5:00PM till midnight.

COURSE: Course map will be posted on NOTC website

#### ENTRY FEES:

\$25.00 Pre-Registered by October 4th

\$30.00 Registered after Oct 4<sup>th</sup> and on the day of race.

\*NOTE: All access to private post race party inside the Howlin Wolf is by race registration (official race number) or by purchase of "party pass" from CFF officials in the race day registration area.

\*NOTE: Access to post race party inside the Howlin Wolf may be limited to those age 18 and over.

#### 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](http://www.runNOTC.org) for details.

In person: See pre-registration locations shown

#### PRE-REGISTRATION LOCATIONS:

Payable by check or credit card only at:

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  
Varsity Sports, 3450 Magazine Street, New Orleans  
Southern Runner, 6112 Magazine Street, 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  
Louisiana Running Company, 4153 Canal Street, New Orleans  
GNO Tri Sports, 7306 Lakeshore Drive, New Orleans

Contributions in excess of \$25.00 may be considered tax deductible.

#### T-SHIRTS:

Monster Dash t-shirts to pre-registered entrants given out on the day of race. Please pickup shirt before start of race. Shirts given to race day entrants as supplies last. Should supplies run out, details as to reorder and pickup location will be announced. Please keep official race number/t-shirt tab until claiming t-shirt.

#### AWARDS: 2 Mile

1<sup>st</sup> overall open, masters, grandmasters, seniors, race walkers.

Costume contest awards to be announced.

#### REFRESHMENTS & POST RACE FESTIVITIES:

Miller Genuine Draft Light 64 Beer, Elmer's Chee Wees, Kentwood Springs Water, Bananas, Coca-Cola, Powerade.

Food provided by the Gumbo Shop, Zatarain's and Spitale's. Please use race number pull tabs for refreshments.

Post race live music featuring "FLASHBACK"

[www.myspace.com/flashbackla](http://www.myspace.com/flashbackla)

#### RACE ADMINISTERED BY THE:

New Orleans Track Club, Inc. a member of the Road Runners Club of America (RRCA) and USATF.

Race Director: Chuck George, NOTC

Race Chairperson: Michelle Dugas, CFF Louisiana Chapter

Website: [www.runNOTC.org](http://www.runNOTC.org) or [www.louisiana.cff.org](http://www.louisiana.cff.org)

Phone: 504-467-8626, Fax: 504-469-9268

E-Mail: [NOTC@runNOTC.org](mailto:NOTC@runNOTC.org)

\*For your safety and the safety of others and to better enjoy the race, the NOTC discourages the use of headphones, during the running or walking of this event

#### Sponsored by:

Howlin Wolf, NOLA.com, River Parish Disposal  
Kentwood Springs Water, Coca Cola,  
Miller Genuine Draft Light 64, The Gumbo Shop  
Zatarain's, Spitale's, Powerade.

Because of risks to people with cystic fibrosis(CF), individuals with a confirmed positive sputum culture for Burkholderia cepacia (B. Cepacia) complex shall not attend the Monster Dash. This is because B. Cepacia can be passed between individuals who have CF through close proximity. B. cepacia in a person with CF can cause serious respiratory illness and, in some patients, may lead to death. Despite this policy, there might still be some individuals with B. cepacia in attendance. B. Cepacia is not a risk for otherwise healthy individuals. For alternative ways to participate and for information about this policy, please contact the CF Foundation at 800-Fight CF or visit [www.cff.org](http://www.cff.org). Consult your CF care center physician with medical questions.