

RiverShack



2 MILE Run & Walk
Friday, Sept. 17, 2010
In Memory of Laura Mason

Benefiting



Sponsored by



* NOTC GRAND PRIX SERIES RACE

DATE: Friday, Sept. 17, 2010
TIME: 7:00 p.m. - Start of 2 mile
 6:00 p.m. - Day of Race
 Registration and Packet Pickup
PLACE: RiverShack Tavern,
 3449 River Road, Jefferson, La.

ENTRY FEES: (payable by check or money order only to New Orleans Track Club)
 \$18.00 NOTC members pre-registered by Sept. 13
 \$22.00 All other entrants pre-registered by Sept. 13
 \$25.00 All entrants after Sept. 13 and day of race
 \$20.00 Day of race no t-shirt entry fee will be available
 Day of race registration begins at 6:00pm.

PRE-REGISTRATION:
 (In person locations entry fees payable by Check or Credit Card only)
 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
 Louisiana Running Company - 4153 Canal St. New Orleans
 The Movement Science Center - 101 Veterans Blvd. Suite 470, Metairie
 The Movement Science Center - 1201 Ochsner Blvd. Covington

PRE-REGISTRATION BY MAIL OR FAX:
 (Postmarked and faxed deadline is Sept 11)
 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.



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

T-SHIRTS: Custom-printed RiverShack Run t-shirts are given to pre-registered entrants on the day of race. Entrants registered after Sept. 13 may have to claim their shirt later. Please keep race number T-shirt tab until claiming shirt. Shirt size not guaranteed to late and no show entrants.

AWARDS 2 MILE: 1st overall open, masters, grandmasters, seniors
 1st and 2nd place in age groups 19 and under thru 80 and over
 Race Walkers: 1st, 2nd, 3rd overall male and female

REFRESHMENTS: Michelob Ultra Beer, Kentwood Springs Water, Blue Runner Red Beans, Elmer's Chee Wees, CiCi's Pizza, RiverShack Tavern's jambalaya, Pepsi Cola, Diet Pepsi, Sierra Mist

POST RACE: Live music featuring the Mustard Brothers Band

Angels on Earth Foundation is a non-profit organization that was founded to help provide therapeutic services, equipment and educational resources to children with disabilities. We believe that through the collaboration and partnership of individuals with unique careers in physical therapy, occupational therapy, psychology and education - we can achieve the goal of providing better options in care, treatment and education for children with special needs.

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

RiverShack Run/Walk • 2 Mile
 Friday Evening, Sept. 17, 2010 • RiverShack Tavern • 3449 River Road • Jefferson, LA

- \$18.00 NOTC Members pre-registered by Sept. 13
 \$22.00 All others entrants pre-registered by Sept 13
 \$25.00 All entrants after Sept. 13 and day of race
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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											

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

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 _____ Date: _____

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