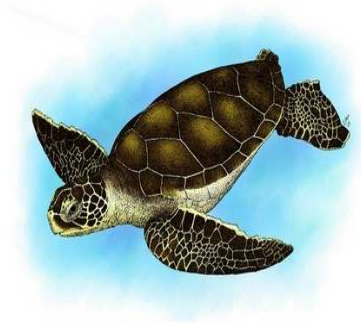

Gulf Wildlife Rescue Rock & Run

benefiting the

Audubon Nature Institute's "Support the Louisiana Marine Mammal and Sea Turtle Rescue Program"

DATE:
Saturday, September 18th, 2010

TIME:
7:00 a.m. – Race Day Registration & Packet Pick-Up
7:45 a.m. – 1 Mile Fun Run Begins
8:30 a.m. – 5K Run/ Walk Begins

LOCATION:
North Cypress Fitness
1606 S. Magnolia St.
Hammond, LA 70403

ENTRY FEES:
(Payable by check or money order to Gulf Wildlife Rescue-Rock & Run
$20.00 – 1 Mile Pre-Registered by Sept. 3rd
$25.00 – 5K Pre- Registered by Sept. 3rd
$35.00 – Registered after Sept 3rd and on race day

PRE-REGISTRATION BY MAIL:
(Postmarked deadline is Aug. 27th)
Mail To:
Gulf Wildlife Rescue-Rock & Run
Attn: Amy Douglas
14695 Cypress Hollow Drive
Ponchatoula, LA 70454

PRE-REGISTRATION IN PERSON:
(In person location entry fees are payable by check or cash thru Sept. 10th)
North Cypress Fitness Center
1606 S. Magnolia St., Hammond, LA

Perfectly Fit Performance Sports
303 W. Minnesota Park, Hammond, LA

SHIRTS:
Custom commemorative t-shirts to pre-registered entrants will be available for pick-up at North Cypress Fitness from 6:30pm to 8:00pm on September 15th and September 17th or during Race Day Registration and Packet Pick-Up. If registered after Sept. 3rd or on day of race, shirts will be given out after start of race while supplies last. Reorders will be available for pick-up at North Cypress Fitness at a later date.

AWARDS :
Cash prizes will be awarded to the Top Male Finisher and Top Female Finisher of both races.

REFRESHMENTS/ENTERTAINMENT:
Food, drinks, entertainment and pool party will follow the race. Entry to pool party is free to those with a race number.

Contact the following individuals should you have any questions:
Amy Douglas – 985.966.4645 **Dea Frederick – 985.373.5448** **Brandon Zahn – 985.974.0199**

Gulf Wildlife Rescue-Rock & Run • Saturday, September 18th

☐ $20.00 – 1 Mile Pre-Registered by Sept. 3rd
☐ $25.00 – 5K Pre-Registered by Sept. 3rd
☐ $35.00 – Registered after Sept. 3rd and on race day

RACE NUMBER	Make Checks Payable to:
Official Use Only	Gulf Wildlife Rescue-Rock & Run Attn: Amy Douglas 14695 Cypress Hollow Drive Ponchatoula, LA 70454 ***All entry fees are non-refundable***

PLEASE PRINT CLEARLY

LAST NAME **FIRST NAME** **MI**

STREET ADDRESS/APARTMENT NUMBER

CITY **STATE** **ZIP/POSTAL CODE** **SEX M** **SEX F**

TELEPHONE NUMBER **DATE OF BIRTH** **AGE** **WALKER: Y N**

T-SHIRT SIZE: **S** **M** **L** **XL** **XXL**

E-MAIL ADDRESS _____

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 North Cypress Fitness Center 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)