

MORE EXERCISE MATTERS LOUISIANA!

- Monday, April 20, 2009 -

Entry Form - One person per entry

Start Times:

5K Race - 6:30 pm

* Registration: 5:00 pm until races begin

Entry Fees:

5K Pre-Registration \$20*

Race Day \$22

*must be postmarked by April 6

5K Winner Categories:

Overall Male & Overall Female
and 1ST, 2ND, 3RD PLACE

for the following age brackets:

12 & under, 13-15, 16-18, 19-29,
30-39, 40-49, 50-59, 60-69, 70-79, 80+

Course Description:

The run begins and ends at Chelsea's
Café at 2857 Perkins Road. Under the
Overpass.



**Please note—no baby strollers,
roller blades, skates, headsets,
or pets will be allowed on the
race course.*

Gender: Male Female

Date of Birth: _____

Name: _____ Phone #: _____

Address: _____

City: _____ State: _____ Zip: _____

T-Shirt Size (please check one) S OM OL XL

Participation Waiver: I hereby certify that I am adequately trained and fit to participate in this race. In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages which I may accrue against the Louisiana Dietetic Association and any and all sponsors, real and implied, their successors, representatives and assigns for any and all injuries suffered by me awhile traveling to and from and while participating in the Annual 5K

I have read, understand, and agree to the terms of this agreement.

Signature Required

Parent's Signature
(if participant is under 18 years of age)

PLEASE RETURN ENTRY FORMS BY April 6 TO:

Louisiana Dietetic Association
8550 United Plaza Blvd, Suite 1001
Baton Rouge, LA 70809

Please make checks payable to LDA.

