

14th Annual
UNITED WAY OF ST. CHARLES
MISSISSIPPI RIVER BRIDGE 5K RUN/WALK

Saturday, April 10, 2010

Destrehan/Luling, Louisiana

5K course across the panoramic Hale Boggs Mississippi River Suspension Bridge
The largest Race across Mississippi River in the nation.!

Highlights:

Over \$5000.00 in prize money !

*** NOTC Grand Prix Series race**

***Louisiana Senior Olympics 5K State Championship**

***Post race festivities with Live Music provided by "Typikal Reasons"**

Benefiting the United Way of St. Charles

DATE: Saturday, April 10, 2010

TIME:

7:30AM: Race day registration and packet pickup opens

(At the East Bank Bridge Park, Destrehan)

8:30AM: Start of 5K Race all divisions (Runners/Walkers)

PLACE:

Start: East Bank Bridge Park, Destrehan

Finish: West Bank Bridge Park, Luling

Directions:

East Bank Bridge Park (Destrehan) from I-10, take I-310 south to Destrehan exit (exit #6) Bridge park is underneath the Hale Boggs Bridge.

West Bank Bridge Park (Luling) cross the bridge take first exit on bridge to ground level, bridge park is at intersection with River Road.

* Please plan arrival on east bank (start side) prior to 8:00AM as bridge exit lane closes at 8:10AM

Transportation: FREE

Pre-race 7:00AM till 7:45AM (please arrive on time)

Post race buses depart from 9:45AM till noon.

Course: (course map posted on NOTC website)

The course offers a panoramic view from atop the Hale Boggs Mississippi River Bridge. The United Way Bridge Run is the largest roadrace across the Mississippi River in the nation.

Should the weather or other safety concerns warrant an alternate ground level course on the west bank will be used.

In event of extreme circumstances, the race may be cancelled or postponed and the no refund policy will be applied.

ENTRY FEES:

(payable by check or credit card only to: NOTC

\$25.00 Pre-Registered by April 5th or at packet pickup on April 9th (see packet pick details on this form)

\$30.00 All entrants registered after April 5th and on day of race (race day registration is at the east bank bridge park)

PRE-REGISTRATION LOCATIONS:

In person payable by check or credit card only at:

United Way of St. Charles, 13027 River Road, Luling

The Fitness Club, 1317 Hwy 90, Boutte

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

GNO Tri Sports, 7306 Lakeshore Drive, 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

Perfectly Fit Sports, 303 W. Minnesota Ave., Hammond

PRE-REGISTRATION BY MAIL:

(Postmarked by April 2nd)

NOTC, P. O. Box 52003, New Orleans, La. 70152-2003

*Pickup race number/packet at packet pickup or on day of race

PRE-REGISTRATION BY FAX: (Deadline April 5th)

Fax to: 504-469-9268, fax entries payable by credit card only

Please fax in signup section only, not the entire form. Format to fit on one page maximum 8-1/2 x 11. Please print clearly

PRE-REGISTRATION ON-LINE:

Entry form is posted on NOTC website at www.runNOTC.org , please read form and use online link on form.

Packet Pickup and Late Registration info:

Pre-race packet pickup will be available on Friday , April 9th from 5PM to 7PM at the West Bank Bridge park (Luling) Late registration (at the pre-registration entry fee.!) will be also available there.

Day of race registration and packet pickup begins at 7:30AM at the East Bank Bridge Park (Destrehan)

Team Challenge:

The company with the most participants in the race will be awarded the "Team Challenge" Trophy. Please denote your company name on registration form.

T-shirts:

Commemorative t-shirts will be given out at the Pre-race packet pickup event and on the day of race at the Westbank Bridge Park. Please keep race number/t-shirt tab until claiming t-shirt.

AWARDS: 5K Race *over \$5000 in Prize money !!

\$1000.00 to the first overall male and female

\$500.00 to the second overall male and female

\$350.00 to the third overall male and female

\$300.00 to the first masters (over 40) male and female

\$150.00 to the first grand masters (over 50) male and female

\$100.00 to the first seniors (over 60) male and female

\$100.00 to the first Competitive Race Walker male and female

Course record Bonus prize money:

\$500.00 to the winning male or female setting a new 5K course record.

Records are:

Male: 14:28, Passmore Furuusu (1997)

Female: 17:00, Melissa Cook (2005)

Age group medallions will be presented to the 1st and 2nd place finishers in age groups 10-under thru 80-over and to the top 5 overall competitive race walkers.

Post race activities and Refreshments:

Plenty of activities for families and children.

Music by "Typikal Reasons" band on stage.

Food and refreshments courtesy of

Cytec Jambalaya (the best.!))

Michelob Ultra Beer

Kentwood Springs Water

Coca-Cola

Race Administered by the:

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

Race Chairman: John Dias, United Way of St. Charles

Race Director: Chuck George, NOTC

Race Information:

Phone: 504-467-8626 (NOTC)

or the United Way of St. Charles at 985-331-9063

E-Mail: NOTC@runNOTC.org

Website: www.runNOTC.org

Fax: 504-469-9268

Volunteers please call: 504-468-1488

****Kid's 1/2 mile Run/Walk (see separate form for that event)**