



**RACE DAY**  
**March 23, 2019**  
 Audubon Park  
 Shelter 10

**Registration**  
 Opens at 7:00 AM

**1 Mile Race**  
 Starts at 8:00 AM  
**5K Race**  
 Starts at 8:30 AM

Benefitting the LA/SPCA and  
 Al Briede Memorial Scholarship

**REGISTER BY:**

	Oct 17	Dec 5	Mar 18	Race Day
<b>NOTC Member 5K</b>	\$15	\$20	\$25	\$35
<b>Nonmember 5K</b>	\$20	\$25	\$30	\$35
<b>Youth 5K</b>	\$15	\$15	\$15	\$20
<b>1 Mile</b>	\$10	\$10	\$10	\$15
<b>NOTC Family</b>	\$45	\$50	\$60	N/A

**5K Awards:** 1st Overall Open; Male & Female  
 1st Overall Youth, Master, Grandmaster, Senior, Racewalker; Male & Female  
 1st in 10 year age groups, including 15 and under through 80 and over

**REGISTER ONLINE: [www.runNOTC.org](http://www.runNOTC.org)**

**INFO:**

**T-shirts only guaranteed to pre-registered participants!**

**Register online**  
**By March 18:**  
[www.runNOTC.org](http://www.runNOTC.org)

**Register by mail with postmark by March 11:**  
 New Orleans Track Club  
 PO Box 52003  
 New Orleans, LA 70152

**FILL OUT THIS SECTION COMPLETELY:**

NOTC MEMBER? N Y # \_\_\_\_\_

Participant Name \_\_\_\_\_

Email Address (required) \_\_\_\_\_

\_\_\_\_\_ Male Female  
 Date of Birth Age Race Day

Phone Number \_\_\_\_\_

Circle One Shirt Size (Unisex): Small Medium Large XLarge XXL

Entry Fee Amount \_\_\_\_\_ Circle One: 1 Mile 5K

Circle One - Form of Payment : Cash Check (Payable to NOTC)

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and other conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. I for myself and anyone acting on my behalf waive and release the New Orleans Track Club, Inc. and all sponsors, their representatives and successors from all claims in liabilities arising out of my participation in the event. I grant permission to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose.

Print Name \_\_\_\_\_

Signature (of Parent/Guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_