



Mardi GRAS 5K

RACE DAY
February 23, 2019
Vets/Causeway
Metairie, LA

REGISTER BY:

Registration
Opens at 8:30 AM

**Kid Half Mile
(12 & Under)**
Starts at 9:35 AM

5K Race
Starts at 10:00 AM

Sept 12 Nov 28 Feb 18 Race Day

	Sept 12	Nov 28	Feb 18	Race Day
NOTC Member	\$15	\$20	\$25	\$35
Nonmember	\$20	\$25	\$30	\$35
Youth	\$15	\$20	\$20	\$25
Kid Half Mile	\$15	\$15	\$15	\$20
NOTC Family	\$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

Half Mile Awards: 1st Overall Open; Male & Female
1st in age groups 5-Under, 6-9, and 10-12

REGISTER ONLINE: www.runNOTC.org

INFO:

T-shirts only guaranteed to
pre-registered participants!

Register online
By February 18:
www.runNOTC.org

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

Early Packet Pickup: TBD

FILL OUT THIS SECTION COMPLETELY:

NOTC MEMBER? N Y # _____

Participant Name _____

Email Address (required) _____

_____ Male Female
Date of Birth Age Race Day

Phone Number _____

Entry Fee Amount _____ Circle One: 5K Half Mile

Circle One Shirt Size: YM YL Small Med Large XLarge 2XLarge

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 _____