

RACE DAY

December 14, 2019
 Half Marathon 8:00 AM
 &
 5K 8:15 AM
 Gretna, LA



**38th Annual Ole Man River Half Marathon & 5K
 2019 RRCA LA Half Marathon State Championship**

RACE DAY: Registration
 Opens at 7:00 AM

Race Info

Saturday, December 14, 2019, 8 AM
 2 Huey P Long Drive, Gretna
COURSE OPEN UNTIL 12:00 PM
 Finisher medals for the HALF & 5K

Awards: Half Marathon
 Prize Money to First, Second,
 Third Overall and First Masters

Special awards to First Youth, Master,
 Grandmaster, Senior, Racewalkers

First/Second in 10 years age
 groups from 15 and under to
 80 and over

Awards: 5K
 First Overall, Youth,
 Masters, Grandmasters,
 Seniors, Racewalkers

First/Second in 10 year age
 groups from 15 and under to
 80 and over

Register online
By December 9:
 www.runNOTC.org

Register by mail with
postmark by December 4:
 New Orleans Track Club
 PO Box 52003
 New Orleans, LA 70152

Packet Pick up:
 Location: TBA
 Registration will be available during
 packet pick up.

Office: 504-304-2326
 *T-shirts only guaranteed to pre-
 registered!
 *Entry fees are non-refundable.

5K NOTC Member
 \$19—thru August 15
 \$20—thru October 9
 \$25—thru December 9
5K Nonmember
 \$19—thru August 15
 \$25—thru October 9
 \$30—thru December 9
5K Youth (20 and under)
 \$19—thru August 15
 \$20 – registered by December 9
5K NOTC Family
 \$50 – registered by October 9
 \$60—registered by December 9

Half NOTC Member
 \$38—thru August 15
 \$50—thru October 9
 \$60—thru December 9
Half Nonmember
 \$38—thru August 15
 \$55—thru October 9
 \$65—thru December 9
Half Youth (20 and under)
 \$38—thru August 15
 \$40 – registered by December 9
Half NOTC Family
 \$130 – registered by October 9
 \$140—registered by December 9

All 5K Race Day—\$35

All Half Race Day—\$70



REGISTER ONLINE ● www.runNOTC.org

NOTC MEMBER? N Y# _____

Participant Name
 Circle One - **Half Marathon** **5K**

Email Address (required)

T-Shirt: Small Medium Large XL 2XL

Phone Number

Date of Birth **Age Race Day** **Male** **Female**

Entry Fee Amount _____

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 _____

