



RACE DAY
August 31, 2019
 Crescent Park,
 Mandeville Shed
 New Orleans, LA

Registration
 Opens at 8:00 AM

5K
Race Start
 9:00 AM

**REGISTER BY:**

	7/3	8/26	Race Day
NOTC Member	\$20	\$25	\$35
Nonmember	\$25	\$30	\$35
NOTC Family	\$50	\$60	N/A
Youth	\$15	\$20	\$25

Awards: First 1,000 participants receive a commemorative medal.

INFO:

T-shirts only guaranteed to pre-registered participants!

Register online
 By August 26:
www.runNOTC.org

Register by mail with postmark by August 21:
 New Orleans Track Club
 PO Box 52003
 New Orleans, LA 70152

REGISTER ONLINE: www.runNOTC.org

FILL OUT THIS SECTION COMPLETELY:

NOTC MEMBER? N Y # _____

Participant Name _____

Email Address (required) _____

Date of Birth _____

Age Race Day _____

Male Female

Phone Number _____

Entry Fee Amount _____

Circle One Shirt Size: 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 _____