

**RACE DAY****July 14, 2019**Bonnet Carre Spillway  
Norco, LA**Registration**

Opens at 7:00 AM

**3 Mile Trail Run**

Starts at 8:00 AM

**REGISTER BY:**

	5/29	7/08	Race Day
<b>NOTC Member</b>	\$20	\$25	\$35
<b>Nonmember</b>	\$25	\$30	\$35
<b>NOTC Family</b>	\$50	\$60	N/A
<b>Youth</b>	\$15	\$20	\$25

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

**INFO:**T-shirts only guaranteed to  
pre-registered participants!**Register online****By July 8:**

www.runNOTC.org

**Register by mail with  
postmark by July 3:**New Orleans Track Club  
PO Box 52003  
New Orleans, LA 70152**Early Packet Pickup:**

Location TBD

**REGISTER ONLINE: [www.runNOTC.org](http://www.runNOTC.org)****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 Shirt Size: Small Med Large XLarge 2XLarge

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 \_\_\_\_\_