

Academy of Our Lady

Decisions on the Run 5K Race

Runner's Name: _____

Sex: M F Shirt size: (Child) S M L (Adult) S M L XL XXL Age: _____ DOB _____

School (if applicable): _____ (please fill out one sheet per runner)

Register by February 15 for shirt guarantee

Address, City State, Zip _____

Phone: (Day) _____ Cell: _____ Email: _____

Release: I know that participating in this race is potentially hazardous. I should not enter, run or walk in this race unless I am medically able to. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking and/or volunteering with the race day events including but not limited to; falls, contact with other participants, the effects of the weather, (including high heat and/or humidity), the conditions of the road, potential traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the faculty and staff at Academy of Our Lady and all sponsors from all claims or liabilities of any kind arising out of my participation in the race and/or activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____

Date: _____

Parent/Guardian Signature if under 18 years: _____

Date: _____

REGISTRATION & PACKET PICKUP

Race Number and T-shirt can be picked up:

Day of Race 7:00 - 7:45 a.m.

RACE DATE, TIME & LOCATION

Saturday – March 10, 2012 - 8 a.m.

Starts and Ends on Avenue D in front of AOL's gym

IMMEDIATELY FOLLOWING RACE

Free Water, Gatorade & Refreshments

Race Winner Awards

CONTACT INFORMATION

Bonnie Collins or Shannon Laurent

bcollins@theacademyfourlady.org

slaurent@theacademyofourlady.org

(504) 341-6217

5K REGISTRATION FEE

Registration \$20 (by February 15)

Children 0-8 (No fee)

Ages 9-13 \$10

Schools: Can register a team of 12 runners for \$100

Make check payable to: Academy of Our Lady

AWARDS

Awards will be given to the following categories:

Male-

3rd and 4th grade (1st, 2nd, 3rd)

5th and 6th grade (1st, 2nd, 3rd)

7th and 8th grade (1st, 2nd, 3rd)

9th – 12th grade (1st, 2nd, 3rd)

18 – 25 yrs old (1st, 2nd, 3rd)

26 – 45 yrs old (1st, 2nd, 3rd)

46 and older (1st, 2nd, 3rd)

Female-

3rd and 4th grade (1st, 2nd, 3rd)

5th and 6th grade (1st, 2nd, 3rd)

7th and 8th grade (1st, 2nd, 3rd)

9th – 12th grade (1st, 2nd, 3rd)

18 – 25 yrs old (1st, 2nd, 3rd)

26 – 45 yrs old (1st, 2nd, 3rd)

46 and older (1st, 2nd, 3rd)

ABOUT THE RACE

The SADD (Students Against Destructive Decisions) and True Love Waits clubs at Academy of Our Lady are sponsoring this 5K run/walk as a fundraiser. The money raised will go toward providing speakers, activities, assemblies, and events that promote good decision making.

**Each person taking part in this race must complete a registration form and sign the waiver.