



KEEPING IT ALIVE!



FFC is going BARE BONES to help keep local events here in our community. You pay a nominal fee (\$5 donation) and we provide you with a marked course, a race clock, and water after race. This year's races will have three options, a 5K turn around, a 10K turn around, and the half marathon. Each turn around will be marked with a cone and will have a cooler filled with water/cups. Timing will be offered as well and the results will be posted at www.fitfamiliesforcenla.org and www.runwild.us.

This race will not offer any shirts, prizes or awards - just bragging rights and good old fashioned fun running with your friends. *So if you also want to keep the HALF of Central LA alive, come out and join us on November 19th at the Indian Creek Recreation Area.*

- **WHAT:** The Half Marathon (same course as previous years, out and back), 10K & 5K (out and back on same course as the HALF)
- **WHEN:** Saturday, November 19, 2011
- **WHERE:** Indian Creek (Big Beach Area)
- **TIME:** 8 a.m. ALL RACES
- **WHY:** Because we don't want to see this race die & neither do you! Plus we can raise some funds for a great family!
- **COST:** \$5 Entry fee (donation towards a local family battling Ovarian Cancer). Also be prepared to pay a \$5 parking fee per vehicle. Any checks for event should be made payable to FFC. The race will be timed, so you must register.
- **PACKET PICK UP:** Or should we say bib number pick-up? Bib numbers can be picked up race morning from 7:00-7:45 a.m. at the race site and we will also still be accepting registrations at that time.

It really would be nice to know if we should get 20 bottles of water or 200 so go ahead and pre-register. You can mail this entry form in to Stacey McMickens, 1247B Mac Arthur Drive, Alexandria, LA 71303 or feel free to drop it off at the S3 Training Performance Center at the same address.

*****CUT HERE*****

NAME _____ EVENT ENTERING (Circle one) 5K 10K
 THE HALF

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____ AGE _____

I hereby certify that I am adequately trained and fit to run in this race. In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages which I may accrue against Fit Families for CENLA, Inc., the race director and any and all sponsors, real and implied, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the race on November 19, 2011.

SIGNATURE REQUIRED _____ DATE _____

PARENTS SIGNATURE _____ (PARENTS MUST SIGN IF UNDER 18 YEARS OF AGE).