

Dash for the Cash

5K 1 MI.

3rd Annual 5K Run/Walk and 1 mile Fun Run

December 17, 2011 | Alexandria Public Boat Ramp, (Upper 3rd Street)

Packet Pick-up: Dec. 16th from 3-7 pm at Academy Sports, and Dec. 17th 6:30-7:45 am at race site.

5K starts at 8 am
1 mile approximately at 8:30 am

5K Age Groups:

- 14 & under
- 15-19
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60- over

Insulated Polar Bottles to the first 200 Preregistered

Fees

Preregistration by 12/16	5K: \$25. / 1 Mile: \$15.
Race Day Registration	5K: \$30. / 1 Mile: \$20.
2011 Fit Family for Cenla Members:	5K: \$20. / Family \$40.

(Limited 2 polar bottles for family rate)

Online Registration: www.imATHLETE.com/events/dashforthecash5K

Prizes: Cash awarded to Top 3 overall Male/Female, overall Masters Male/Female

Awards for 5K age groups

Medals for all 1-mile participants

Cash & Prizes: A decorated tree will be located at the 1-mile marker in which interested participants can pull an ornament for cash or prizes that can be redeemed at the end of the race. Only 1 ornament per person/per race.

Course: Paved asphalt trails running along the river from the public boat ramp turning under the Expressway. Follow trail under the Expressway to 9th St. Turn right on 9th St. to Murray St. Right on Murray until getting back on trail. Turn left at top of ramp and follow trail back to public boat ramp. The race will begin & end at the public boat ramp.





3rd Annual 5K Run/Walk and 1 mile Fun Run / REGISTRATION APPLICATION

**3rd Annual 5K & 1-Mile Fun Run/Walk
Registration Fees: \$25. (Before 12/16) \$30. (Race Day)**

*****Please Complete **ALL** sections of this form*****

Circle one: 5K run/walk or 1 Mile Fun Run/Walk

Last Name: First Name:

Address:

City: State: Zip Code:

Date of Birth ____/____/____ Age (Race Day – 12/17/2011):

Gender: Male Female Telephone ()

Email Address:

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and 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 this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and /or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates, or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in the consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release FIT FAMILIES FOR CENLA, INC. & DASH FOR THE CASH, its organizers and any and all sponsors, their representative and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver, I release the rights to any and all photographic material, including film and computer information. CANCELLATION STATEMENT: FIT FAMILIES FOR CENLA, INC/DASH FOR THE CASH reserves the right in the event of an emergency, local or national disaster to cancel the race or to change the day or time to a later day. In the event of cancellation, there will be no refund of entry fees.

Signature/Date Guardian Signature (if under age 18)/Date

*****Mail this form to: Fit Families for Cenla, Inc., P.O. Box 14654, Alexandria, La. 71315*****
Make checks payable to: Fit Families for Cenla, Inc.

Application can be dropped off at S3 Training – 1247B McArthur Dr., Alexandria or at Red River Cyclery – Jackson St. Ext., Alexandria
For more information contact Teresa Coplen, USAT certified Race Director at 318-447-7219 or teresa@fitfamiliesforcenla.org