



PRESENTS

“KEEPING UP WITH JONES”

Saturday, November 5, 2011

1 MILE FUN RUN AND 5K ROAD RACE

TIME: 8:00 a.m. – Start of 1-mile race
8:30 a.m. – Start of 5K race
8:31 a.m. – Start of 5K race walkers
Race day registration & number pickup begins 7:00 a.m.

PLACE: Varsity Sports,
2021 Claiborne St., Mandeville, LA 70448

ENTRY FEES: (checks payable to: 15 Street Flyers)
Pre-Registration: (Post-marked by October 28, 2011)
\$ 8.00 Pre-registered Youth (age 16 & under)
\$ 15.00 All entrants (age 17 & over)
\$ 55.00 Maximum per family (entrants from same household)
Race Day Registration:
\$ 10.00 Youth entrants (age 16 & under)
\$ 20.00 All entrants (age 17 & over)
\$ 65.00 Maximum per family (entrants from same household)
\$15.00 Race Day no t-shirt entry fee will be available

PRE-REGISTRATION: (Post marked by October 28, 2011)
BY MAIL: Keeping up with Jones C/O 15th Street Flyers
49 Karen Drive, Covington, La. 70433
IN PERSON: Varsity Sports (985.624.8200)
2021 Claiborne St., Mandeville
Jones Physical Therapy (985.792.5669)
389 Highway 21, Suite #403, Covington



Of Greater New Orleans
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AND
THE CROHN'S & COLITIS FOUNDATION OF AMERICA



T-SHIRTS:
T-shirts will be given out to all pre-registered entrants on the day of the race. Race Day entrants are not guaranteed sizes and may have to pick up shirt two weeks after race should shirts run out. Pick up location is Jones Physical Therapy, 389 Hwy. 21, #403

AWARDS:
1 Mile: Overall Male and Female; 1st, 2nd place in age groups 5-under, 6-7, 8-9, 10-11, 12-13, 14-16 (male & female).
5K: Overall Male & Female; Master (40 & over) Male & Female; Overall Race Walker Male & Female and 1st, 2nd Place in age groups 10 & under thru 70 & Over (male & female)

REFRESHMENTS:
Post race refreshments, including local food and beverages will be available to all registered participants.

Race Administered by:
The 15th Street Flyers Running & Walking Club,
A non-profit organization

RACE INFORMATION CALL:
Diane Weiss: 504.460.2991 or 985.893.3684
Kristen Hazlett: 985.792.5996
Race Applications available at:
www.15thstreetflyers.org and www.JonesPhysicalTherapy.com

Entry fees are non-refundable for weather related cancellations

DETACH BOTTOM PORTION AND RETURN WITH PAYMENT (PLEASE COMPLETE ONE FORM PER PERSON)
\$8.00 Youth (16-under) registered by 10/28/11
\$10.00 Youth entrants registered Race Day
\$15.00 All entrants registered by 10/28/11
\$20.00 All entrants registered Race Day
\$55.00 Family Max Registered by 10/28/11
\$65.00 Family Max Registered Race Day
\$15.00 Race Day Only No T-shirt entry.
Checks payable to: 15th Street Flyers C/O: 15th Street Flyers, 49 Karen Dr. Covington, La. 70433

Race Number
Official Use Only

PLEASE PRINT CLEARLY: Entry fees are non-refundable!

Last Name First Name MI
Street Address/Apartment Number City, State, Zip Code
Sex M Sex F Telephone Number Date of Birth Age Walker: yes no
Shirt Size: YM YL AS AM AL AXL AXXL EMAIL ADDRESS

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Jones Physical Therapy, the 15th Street Flyers, the Parish of St. Tammany, the City of Mandeville and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: By Participant or Parent or Guardian if under 18 Date