

Tipitina's Foundation Rhythm and Blues 5K Run Saturday, September 27, 2014, 5 PM



Benefiting the Tipitina's Foundation
For more information on the Tipitina's Foundation:
www.tipsfoundation.org

Proceeds from the 5K support the ongoing mission of Tipitina's Foundation: Protecting and preserving Louisiana's unique musical cultures. Donations can be made online at <http://tipitinasfoundation.com/donate>.

Finisher medals to top 500 finishers
Shirts to first 500 pre-registered participants

More info at www.runNOTC.org
 Call: 504-304-2326

Goody bags will be given to the first 500 individuals to register!



Outside festival with food, drinks, and live entertainment to follow run on neutral ground outside of Tipitina's venue – 501 Napoleon Ave.

Online Registration at www.runNOTC.org
 Mail in NOTC, PO Box 52003, NOLA70152
 Fax in 504-304-2327

In store registration closes 9/18/14
 Louisiana Pizza Kitchen, 615 S. Carrollton
 Louisiana Running, 4153 Canal Street
 Phidippides Footwear, 6601 Vets Blvd.
 Sneaker Shop, 904 Harrison Avenue
 Southern Runner, 6112 Magazine Street
 Varsity Sports, 3450 Magazine Street
 Elmwood Fitness and Running Store, Elmwood

PACKET PICKUP: TIPITINA'S UPTOWN THURSDAY, SEPTEMBER 25TH, 4-8PM
\$1 DRAFT BEER DURING PICKUP (Beer Type TBA)

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 _____

ENTRY FEES:

Pre-registered by 9/21/14
 NOTC members \$25; nonmembers \$30
 Youth (17 and under) entry fee \$20
 NOTC Family \$50

FAMILIES MUST PRE-REGISTER TO RECEIVE THE DISCOUNT: Discount is for NOTC member families only. Two adults register all family 20 and under living in household. Separate entry forms required for each family member.

*All RUNNERS 9/22 THRU RACE DAY \$35

NOTC MEMBER? N Y # _____

RACE # _____
 (for office use only)

 PARTICIPANT NAME

 DATE OF BIRTH _____
 AGE RACE DAY _____
 MALE FEMALE

 E-MAIL ADDRESS _____
 PHONE NUMBER

Entry Fee Amount: _____

Circle One – Form of Payment CHECK (PAYABLE TO NOTC) CASH
 CREDIT CARD VISA MASTERCARD AMEX DISCOVER

CREDIT CARD NUMBER _____

EXP. _____ CVV _____

NAME ON CARD _____

 ADDRESS

 CITY STATE ZIP CODE