



10th Annual Raceland Upper Elementary 5K Walk/Run for Education



Saturday, March 20, 2010

racelandupper5k.yolasite.com

Start and Finish at:
Raceland Upper Elem.
3759 Hwy. 308
Raceland, LA
(The Pink School)

Registration: 8:00 A.M.
Warm Ups: 8:45 A.M.
Race: 9:00 A.M.

'Rain or Shine'

---For more information call:
985-537-5142

--or e-mail: ksuggs@lafourche.k12.la.us
smitchell.rues@lafourche.k12.la.us

Grand Prix

Trophies

Prizes

Face Painting

Music

Space Walk

Cake/Prize Walk

Fingerprinting

Health Screenings

T-Shirts

Food

Half & Half Raffle Winner Must Be Present

Register 10 people and your registration is free

Shirt size guaranteed if registered by February 24. After February 24, only adult Large and X-Large available. Anyone registering after February 24 can pick up their T-Shirt at Raceland Upper 2 weeks after the race.



Help Us Celebrate our 10th Annual 5K for Education



Registration Form

March 20, 2010



Name: _____

Age on Race Day: _____

Address: _____

Phone Number: _____

E-mail: _____

Entry Fee \$15 until Feb. 24

\$18 Feb. 24 –Race Day

\$10 No Shirt Entry

Bring in 10 people and your registration is free

Circle one in each category:

Male Female

Run Walk

Shirt Size:

Child M L

Adult M L XL

**For more information call:
985-537-5142**

No Refunds

MAIL ENTRY FORM AND FEE TO:

Raceland Upper Elementary 5K

Attn: Stella and Kim

PO Box 370

Raceland, LA 70394

Participants' Waiver and Release:

I waive any and all claims for myself and my heirs against Raceland Upper Elementary School and the Lafourche Parish School Board for injury or illness, which may directly or indirectly result from my participating in the event. I further state that I am in proper physical condition to participate in the event and understand the risk of running in the temperature and humid conditions of this event.

Signature of participant

Signature of Parent or Guardian if under 18

Where did you hear about the Race? _____

Who do you want to give credit to? _____

Proceeds will benefit Raceland Upper Elementary