

A Run in the Park...A Party in the Zoo

The YMCA celebrates its 29th year of the Corporate Cup Run. Come out on December 6th to participate in our Corporate Cup and Kids Fun Run. Join friends and co-workers in a 5K course through Audubon Park. After the race, everyone is invited to party inside Audubon Zoo at the post-cup-party with awards, music and great food!

The Benefits of Racing

All proceeds benefit the YMCA's continued mission to provide programs towards adult literacy, youth and teen development in our community, and support for the working family.

Race Rules

Corporate Cup Team is a 4-person team, at least one must be female.

Runners and walkers only. No strollers.

Wheelchair athletes are welcome.

Open Division is for unaffiliated individuals.

Team identity is encouraged.

Divisions

Teams will enter a division based on the number of employees in their company.

Division I:	0001 – 100 employees	Red
Division II:	101 – 500 employees	Blue
Division III:	501 – 2000 employees	Black
Division IV:	2001 + employees	Green
Division V:	Open Team Division	Purple

(Open Division teams will follow all the criteria of a corporate team except those related to employment. The Open Division will have an award category, but will not be eligible for the Corporate Cup Award.)

SCORING

A team score will be an accumulation of each team member's finish place. Electronic timing chips will be provided to each registered participant.

Race Directors:

Mike Dugger (985) 630-5031

Mike Cambre (985) 687-9088

YMCA Contacts:

Joe Capece (504) 888-9622 X107

Melissa McInerney (985) 893-9622 x1901

Sponsorship Contact:

Ami Martinez (504) 377-5537

REGISTRATION AND ENTRY FEES

(All registered participants receive a YMCA commemorative Corporate Cup t-shirt and 29th annual coffee mug.)

5K (INCLUDES FREE ADMISSION TO ZOO)

\$80 4 Person Team registered by Nov. 14

\$100 4 Person Team registered after Nov. 14 (Team entry deadline is Nov. 21)

\$20 Individual runner/walker registered by Nov. 14

*\$25 Individual runner/walker registered after Nov. 14

KIDS FUN RUN

(INCLUDES FREE ADMISSION TO ZOO)

\$8 Ages 2-12 registered by Nov. 14

*\$10 Ages 2-12 registered after Nov. 14 and run day

\$15 Ages 13 and above registered by Nov. 14

*\$20 Ages 13 and above registered after Nov. 14

(Those registered for 5K may run for free)

*Individuals and Kids Fun Run registrations accepted on race day.

PARTY TICKETS:

Includes free admission to zoo.

\$5.00 Children under 13 \$8.00 Ages 13+

CORPORATE CUP REGISTRATION ONLINE

To register online visit the Runner's Choice website at www.runnerschoice.net. Online registration closes Nov. 21st. Race Day Registration begins at 7am until 8am.

CORPORATE CUP REGISTRATION BY MAIL

Checks made payable to YMCA and postmarked by Nov. 21.

Mail to: YMCA Corporate Cup
6691 Riverside Dr.
Metairie, LA. 70003

AWARDS 10:30 am

1. The YMCA Corporate Cup is awarded to the team with lowest team score.
2. First, Second and Third Place awards in each division.
3. Awards to top 5 male and top 5 female finishers.
4. Those participating in the fun run receive a t-shirt and finisher's ribbon.

Packet Pick-up:

Team Captains or a representative from each company, must pick up their informational packet at the East Jefferson Family YMCA located at 6691 Riverside Dr., Metairie, La, 70003. Pick up times are as follows: Wed., Dec. 2nd, Thurs., Dec. 3rd and Fri., Dec 4th from 7am - 7pm. Please note that you cannot register and pick up packets on the same day.

TEAM REGISTRATION

COMPANY NAME: _____

COMPANY CONTACT NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

DIVISION: _____ TEAM NAME: _____ PHONE: _____

CAPTAIN _____ AGE _____ SEX _____ SHIRT SIZE _____ EMAIL: _____

MEMBER 2 _____ AGE _____ SEX _____ SHIRT SIZE _____ EMAIL: _____

MEMBER 3 _____ AGE _____ SEX _____ SHIRT SIZE _____ EMAIL: _____

MEMBER 4 _____ AGE _____ SEX _____ SHIRT SIZE _____ EMAIL: _____

DONATION TO THE YMCA Total: \$ _____

RACE REGISTRATION Total: \$ _____

PARTY REGISTRATION Total: \$ _____

TOTAL AMOUNT OWED Total: \$ _____

Please make checks payable to:

YMCA Corporate Cup

6691 Riverside Dr.

Metairie, La. 70003

Entry fees are non-refundable.

PLEASE PRINT CLEARLY:

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 YMCA & Runner's Choice 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 forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signatures:

Team Captain/Member 1 _____ Team Member 2 _____

Member 3 _____ Team Member 4 _____

PERSONNEL VERIFICATION _____ TITLE _____ PHONE _____

INDIVIDUAL REGISTRATION

INDIVIDUAL ENTRY NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ EMAIL: _____ AGE _____ SEX _____ SHIRTSIZE _____

DONATION TO THE YMCA Total: \$ _____

RACE REGISTRATION Total: \$ _____

PARTY REGISTRATION Total: \$ _____

TOTAL AMOUNT OWED Total: \$ _____

Please make checks payable to:

YMCA Corporate Cup

6691 Riverside Dr.

Metairie, La. 70003

Entry fees are non-refundable.

Pre-registration – Deadline Nov 14

\$20 Individual Runner

Registration – After Nov. 14

\$25 Individual Runner

Kids Pre-registration – Deadline Nov 14

(Includes admission to the zoo)

\$8 Age 2-12 years \$15 Age 13 & above

Kids Registration –

After Nov 14 & run day

(Includes admission to the zoo)

\$10 Age 2-12 years \$20 Age 13 & above

Party Tickets

_____ \$5.00 Children under 13

_____ \$8.00 Ages 13+

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Signature Date

Signature of Parent or Guardian if entrant is under 18 Date

For credit card payments, please visit us online at www.runnerschoice.net.

POST-CUP PARTY WITH DEACON JOHN AND THE IVORIES

Race begins promptly at 9am then, comes the Post-Cup Party in the Audubon Zoo with New Orleans' very own nationally known music stylings of Deacon John Moore. Great music can only be partnered with great food and fun that America's premier zoo has to offer. The awards ceremony will be at 10:30 am with the fun to follow.

Companies interested in ordering packages of tents, tables and chairs or food and beverages from the Audubon Zoo are encouraged to call (504) 212-5420 for a complete listing.

Runners are admitted free and guests are only \$8 per adult and \$5 per child.

CORPORATE CUP KIDS FUN RUN

Get your family involved in fun and fitness with the Corporate Cup Kids Fun Run. Children ages 12 and under can participate in the half mile non-competi-

tive run through Audubon Zoo starting at 8:00am. Pre-registration is \$8 per child age 2-12 years old and \$15 for ages 13 and above accompanying a younger child. After Nov. 14 and run day it is \$10 per child age 2-12 year old and \$20 for ages 13 and above accompanying a younger child. All kids participating in the race, receive a finisher's ribbon and all participants receive a t-shirt and FREE admission to the Audubon Zoo for the day.

Y-TOWN

While adults run in the 5K race, the fun continues for kids at Y-Town. From 8:30am until Noon, YMCA Certified Child Care staff entertain kids ages 12 and under with games, crafts, music, storytelling, snacks and more. Y-Town is FREE to all kids participating in the Corporate Cup Kids Fun Run and only \$5 per child for all others.



YMCA OF GREATER NEW ORLEANS
6691 Riverside Dr.
Metairie, LA. 70003

non-profit
organization
U.S. Postage
PAID
Permit No. 328
New Orleans, LA

29th Annual

A graphic consisting of four identical silhouettes of a runner in a white tank top and grey shorts, set against a green background. The runners are in a dynamic, forward-leaning pose.

YMCA CORPORATE CUP

Sunday, December 6, 2009 • Kids Run 8:00 am • 5K 9:00 am • Audubon Park

**A Run in the Park...
A Party in the Zoo**



YMCA of Greater New Orleans
6691 Riverside Dr.
Metairie, LA. 70003
(504) 888-9622

**Benefits adult literacy, youth and teen development in our community,
and support for the working family.**

For more information or to volunteer, call 504-888-9622, ext. 107

