

Runner's Choice Presents:

The MAD DASH!

Benefitting St. Tammany Hospital Foundation

DATE: Sunday, March 28, 2010

TIME: 12:00pm – Start 1-Mile Walk/Fun Run (3-Mile to follow)
Race day registration & number pickup begins at 11am

PLACE: St. Tammany Homestead
205 N Columbia Street, Covington, LA

ONLINE PRE-REGISTRATION:
<http://www.runnerschoice.net>

PRE-REGISTRATION ENTRY FEES:

(Make checks payable to St. Tammany Hospital Foundation)

Pre-Registration: must be post-marked by March 20, 2010

- \$ 10.00 Pre-registered Youth (age 16 & under)
- \$ 15.00 Pre-registered Adult entrants (age 17 & over)
- \$ 45.00 Maximum per family (entrants from same household)

SHIRTS: Given out the day of the run prior to the start to all pre-registered entrants. Race day registrants may pick up shirts after the 3-mile run/walk on a first come / first served basis. Those registered after March 20 may pick up their shirt two weeks after race at Runner's Choice in Mandeville.

PRE-REGISTER BY MAIL OR IN PERSON: CHECKS ONLY

Runner's Choice
4700 Hwy. 22, Suite 3
Mandeville, LA 70471

AFTER MARCH 20 & RACE DAY REGISTRATION FEES:

- \$ 15.00 Youth entrants (age 16 & under)
- \$ 20.00 Adult entrants (age 17 & over)
- \$ 55.00 Maximum per family (entrants from same household)
- \$ 15.00 Race only (no shirt)

1 MILE AWARDS:

Overall Male & Female, 1st & 2nd place in age groups 5-under, 6-7, 8-9, 10-11, 12-13, 15-16 (Male/Female).

3 MILE AWARDS:

1st and 2nd Overall (Male & Female), 1st & 2nd in age groups 16 & under, 17-19, 20-29, 30-39, 40-49, 50-59, 60 & over (Male & Female). 1st, 2nd, 3rd, 4th, 5th Race walker (Male and Female).

REFRESHMENTS:

Post race treats including delicious Louisiana-style foods, fresh fruit, water and beer for all registered participants.

POST-RACE PARTY: We invite you and your family to stay and enjoy the GURNEY GAMES immediately following the MAD DASH. This a unique fundraising event in which teams of costumed racers navigate hospital gurneys through a fun obstacle course. Gurney Parade, games, food and more!

FOR RACE INFORMATION CALL:

Mike Dugger - (985) 630-5031
RUNNER'S CHOICE & CITY SOCCER - (985) 845-1948
Websites: <http://www.runnerschoice.net>
E-MAIL: runnerschoice1@bellsouth.net

The Mad Dash welcomes serious and recreational runners/walkers and anyone wanting to get wacky with us for the day. Costumes are welcome and encouraged (but not required.) www.sthfoundation.org

Participants Receive \$10 off any athletic shoe at RUNNER'S CHOICE & CITY SOCCER

DETACH BOTTOM PORTION AND RETURN WITH PAYMENT

- | | |
|---|--|
| <input type="checkbox"/> \$10.00 Youth (16-under) registered by March 20 | <input type="checkbox"/> \$ 45.00 Family Max Registered by March 20 |
| <input type="checkbox"/> \$15.00 All entrants registered by March 20 | |
| <input type="checkbox"/> \$15.00 Youth (16-under) registered after March 20 | <input type="checkbox"/> \$ 55.00 Family Max Registered after March 20 |
| <input type="checkbox"/> \$20.00 All entrants registered after March 20 | |
| <input type="checkbox"/> \$15.00 Race Day (No Shirt) | |



Checks payable to: St. Tammany Hospital Foundation, c/o Runner's Choice, 4700 Hwy 22 Suite 3, Mandeville, LA 70471
All entry fees are non-refundable. (PLEASE PRINT CLEARLY):

Last Name _____ First Name _____ E-mail address _____

Street Address/Apartment Number _____ City, State, Zip Code _____

Sex M Sex F Telephone Number _____ Date of Birth _____ Age _____ Walker: Yes No

SHIRT SIZE (CIRCLE): YOUTH: YS YM YL / ADULT: S M L XL XXL

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 City of Covington & 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 foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

(SIGNATURE)