RUNNER'S CHOICE PRESENTS

RUN for HOPE

NO ONE IN THE WORLD DESERVES LUNG CANCER

November is Lung Cancer Awareness Month

DATE: **SATURDAY, NOVEMBER 7, 2009**

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

PLACE: Downtown Covington Trailhead
226 E. Lockwood Street, Covington, LA

ENTRY FEES: (**checks payable to: Runner's Choice**)
Pre-Registration: **Must be post-marked by October 31, 2009**
$ 10.00 Pre-registered Youth (age 16 & under)
$ 15.00 All entrants (age 17 & over)
$ 45.00 Maximum per family (entrants from same household)

Race-Day Registration:
$ 15.00 Youth entrants (age 16 & under)
$ 20.00 All entrants (age 17 & over)
$ 15.00 All entrants (age 17 & over) no T-Shirt
$ 50.00 Maximum per family (entrants from same household)

PRE-REGISTRATION: (**Must be post-marked by 10/31/09**)
Register in person at Runner's Choice or send form and check to:
Runner's Choice
4700 Hwy 22 , Ste. 3
Mandeville, LA 70471

SPECIAL THANKS TO OUR RACE SPONSORS: COVINGTON BLUE ***AND THE LOMBARDO FAMILY***

Join Us and Help Keep the "HOPE" Alive!

6th Annual Lung Cancer Run for Hope
Honoring Vince Lombardo
Saturday, November 7, 2009
1 mile and 5K races

T-SHIRTS:
T-Shirts will be given out to all pre-registered entrants on the day of the race. Entrants registered after October 31st are not guaranteed sizes and may have to pick up shirt two weeks after race should shirts run out. (Pick up location to be announced)

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).

AWARDS:
5K: Overall Male & Female; Master (40 & over) Male & Female; Overall Race Walker Male & Female and 1st, 2nd Place in age groups 16 & under thru 65 & Over (male & female)

POST-RACE FESTIVITIES:
Post- race refreshments, including local food and beverages, will be available to all registered participants.

Proceeds Benefit the MD Anderson Network

FOR RACE INFORMATION CALL:
Mike Dugger : 985.845.1948
Elaine Lombardo: 504.715.2568
Marc Lombardo: 985.892.8822

DETACH BOTTON PORTION AND RETURN WITH PAYMENT

___ $10.00 Youth (16-under) registered by Oct. 31st
___ $15.00 Youth entrants registered after Oct.31st
___ $15.00 All entrants (17+)registered by Oct.31st
___ $20.00 All entrants (17+)registered after Oct.31st
___ $15.00 Race Day No T-Shirt entry.

____ $ 45.00 Family Max Registered by Oct.31st
____ $ 50.00 Family Max Registered after Oct. 31st

Race Number

Checks (payable to Runner's Choice) and Cash Only
All entry fees are non-refundable.
PLEASE PRINT CLEARLY:

Runner's Choice
4700 Hwy. 22, Ste. 3
Mandeville, LA 70471;(985) 845-1948

_____ _____ ____
Last Name First Name MI

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

_____ _____ _____ _____ _____ Walker: _____ _____
Sex M Sex F Telephone Number Date of Birth Age yes no

Shirt Size: ____ YS ____ YM ____ YL ____ S ____ M ____ L ____ XL ____ XXL

_____
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 Lombardo Family and 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.

_____ _____
Signature Date

_____ _____
Signature of Parent or Guardian if entrant is under 18. Date