

Presented by:



SATURDAY,  
OCTOBER 29<sup>th</sup>, 2016 ~ 4:00 P.M.

LIGHT THE NIGHT 5K & 1 MILE FUN RUN  
**HEROES VS. VILLAINS EDITION**  
RUN FOR JUSTICE

MEMORIAL PARK,  
301 N. 6<sup>TH</sup> ST.  
PONCHATOULA, LA 70454



FOR RACE INFORMATION CONTACT RACE DIRECTOR: Bree 985.351.5881  
EMAIL: tangicrimestoppers@gmail.com FACEBOOK: WWW.FACEBOOK.COM/TANGICRIMESTOPPERS

**COURSE:** Route will begin and end at Memorial Park (301 N. 6<sup>th</sup> St.) and will take runner on a scenic tour of beautiful historic downtown Ponchatoula. **NEW - Chip timing will be offered this year from Just in Time Events in addition to on line finish times and photo/video finishes for download immediately after the race.**

**WATERSTATION:** There will be one water station located at halfway point.

**T-SHIRTS, GOODY BAGS, & SPONSOR ITEMS:** 5K - HEROES VS. VILLAINS 5K T-shirts, Snap Fitness Water Items, 30 Day Snap Membership Gift Card, Flashing Crime Stoppers Pin, and Goody Bags with other sponsor items are guaranteed to pre-registered runners by October 14<sup>th</sup>, 2016. Sizes not guaranteed to late entrants. **FUN RUN** - 1 Mile Fun Run Participants will not receive a T-shirt but will receive a Goody Bag if pre-registered by October 14<sup>th</sup>, 2016. Pre-registered Fun Run participants will have an opportunity to purchase a T-shirt at check out on line. **ALL** race participants will receive free fruit, juice, and water in the race tent after the run and All American Chiropractic will be on site giving complimentary chair massages.

**AWARDS:** 5K prizes will be given to the 1<sup>st</sup> overall Male and Female to finish, 1<sup>st</sup> Youngest to finish, 1<sup>st</sup> Oldest to finish in the 5K race categories, and an award for the best dressed HERO or VILLAIN individual and team. 5K Race medals will be given to the first 100 finishers. **Fun Run prizes** will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers.

**AGE GROUPS:** All ages are invited to participate. **Walkers and Teams are also welcome!**

**AFTER PARTY:** After the race, stay to enjoy the 5<sup>th</sup> Annual Hot Wing Cook-off Challenge. We'll have plenty of food, drink, & music. Tickets are \$5.00. Hamburgers, Hotdogs, and Jambalaya will also be for sale. There will be live music, a live law enforcement and K9 demonstration, and a Booth to Booth Trick or Treat for the kiddos 12 and under in costume! Crime Stoppers will provide the Trick or Treat Bags, a Halloween Safety Sheet, and Crayons at the public registration booth beginning at 4 P.M. These events are a part of the 8<sup>th</sup> Annual Tangi & St. Helena Night Out Against Crime.

**RACE REGISTRATION LOCATIONS:** SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454 or 1905 W. Thomas St., Hammond, LA 70401(Check or Cash ONLY), online at [RunSignUp.com](http://RunSignUp.com) (Search "Light the Night"), and Race Day on site beginning at 2:30 P.M. Credit and debit cards will be accepted when registering on line and in person on race day.

**RACE DAY REGISTRATION:** (Registration will end promptly at 4:45 P.M.) Race packet pickup will be available race day on-site **ONLY** beginning at 2:30 P.M.

**RACE TIMES:** FUN RUN - 5:00 P.M. 5K - 5:30 P.M. AWARDS CEREMONY - 7:30 P.M.

**ENTRY FEE:**

- **Pre-Registration** - 5K: \$25 - July 1st - October 14<sup>th</sup> (Mail in, Drop off, RunSignUp.com) FUN RUN: \$10
- **Late Registration** - 5K: \$30 - Oct. 15th - October 28<sup>th</sup> (Drop off, RunSignUp.com) FUN RUN: \$10
- **Race Day Registration** - 5K: \$35 T-shirts as available. T-shirts & Sizes not guaranteed to late entrants. FUN RUN: \$10
- **Groups of 10 or more** - 5K: \$20 - Must turn in all group forms together FUN RUN: \$10

**Paper Registrations Prior to Race Day (Check or Cash ONLY):** Checks are to be made payable to **Crime Stoppers of Tangipahoa, Inc.** **Registration is not refundable.** All proceeds benefit Crime Stoppers of Tangipahoa's Community Crime Prevention programs and are not used to pay rewards. Crime Stoppers of Tangipahoa, Inc. is a 501c3 Non-profit organization & United Way of Southeast Louisiana Community Partner Agency. CST TAX ID: 68-0516834

**ON LINE & RACE DAY REGISTRATION:** SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454 or 1905 W. Thomas St., Hammond, LA 70401(Check or Cash ONLY), online at [RunSignUp.com](http://RunSignUp.com) (Search "Light the Night"), and Race Day on site beginning at 2:30 P.M. Credit and debit cards will be accepted when registering on line and in person on race day. Race packet pickup will be available race day on-site **ONLY** beginning at 2:30 P.M.

**WEBSITE & SOCIAL MEDIA:** [www.tangicrimestoppers.com/events](http://www.tangicrimestoppers.com/events) or [www.facebook.com/tangicrimestoppers](http://www.facebook.com/tangicrimestoppers). Check for updates at [www.facebook.com/ponchatoulasnapfitness](http://www.facebook.com/ponchatoulasnapfitness) under events. Follow us on Twitter @TangiCrimeStop and tweet your race day photos at #HeroesvsVillains2016. Be sure to use a current email address when registering so you can be contacted about any last minute race updates or important changes.

**PRE-REGISTERED PACKET PICK-UP:** (Onsite Registration & Packet Pick-Up will end promptly at 4:45 P.M.) Race packet pickup will be available **RACE DAY ONLY** beginning at 2:30 P.M.



Waiver & Indemnification Agreement with Consent: In consideration of this entry, I hereby, for myself, my heirs, executors and administrators waive any and all rights and claims for damage against SNAP Fitness, Crime Stoppers of Tangipahoa, Inc., and any entity, business, club, or individual associated with this race, for any and all losses, injuries or death sustained by me or any minor in this event. I will additionally permit the use of my name, and picture in broadcast, telecast, newscast, newsprint, etc. I have sufficiently trained for the completion of the race and I am in good health. Registration fees and purchases are not refundable. Parents must sign for children under the age of 18 on their behalf, agreeing to the terms above, and giving permission for their child to participate. **(Please Print Legibly)**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_ Age: \_\_\_\_\_

Telephone No.: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Youth & Adult T-Shirts: YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ S (34-36) \_\_\_\_\_ M (38-40) \_\_\_\_\_ L (42-44) \_\_\_\_\_ XL (46-48) \_\_\_\_\_ XXL (48-50) \_\_\_\_\_

Pre-Registration Deadline: October 14, 2016

Make Checks Payable to: Crime Stoppers of Tangipahoa, Inc.

If mailing, return to: SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454