

# Light the Night

## 5K Charity Run/Walk to Benefit Crime Stoppers of Tangipahoa

**DATE:** Tuesday, October 4<sup>th</sup>, 2011

**LOCATION:** SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454

**TIME:** 5K Race/Walk start 5:30 p.m.

**COURSE:** Begins - SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454. Ends - Memorial Park (Home of the Ponchatoula Strawberry Festival), 4045 North Street, Ponchatoula, LA 70454

**T-SHIRTS, WATER BOTTLES, & FLASHING PINS:** T-shirts, water bottles, and flashing pins are guaranteed to pre-registered runners by September 23<sup>rd</sup>, 2011. Late and race day entrants will receive T-shirts, water bottles, and flashing pins as available. Sizes not guaranteed to late entrants. Water bottles will be handed out at the end of the race. All race participants will receive an arm band for free food and drink at the 3<sup>rd</sup> Annual Tangi & St. Helena Night Out.

**RACE DAY REGISTRATION:** 10 a.m. - 5:15 p.m. (Registration will end promptly at 5:15 p.m.) Race packet pickup will be available on race day.

**RACE INFORMATION WEBSITE & PAYPAL:** [www.tangicrimestoppers.com/events](http://www.tangicrimestoppers.com/events)

Check for updates at [www.facebook.com/ponchatoulasnapfitness](http://www.facebook.com/ponchatoulasnapfitness) under events. One entry form per applicant please. (Entry forms may be photocopied). Registration may be paid online, however, forms will need to be mailed with proof of payment to (please refer to cut off dates below); SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454

**PRE-REGISTERED PACKET PICK-UP:** Available at SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454 on Monday, October 3<sup>rd</sup>, 4 p.m. - 7 p.m. and Tuesday, October 4<sup>th</sup> (Race Day) from Noon to 4 p.m.

**AWARDS:** Prizes will be given to the 1<sup>st</sup> overall Male and Female to finish, 1<sup>st</sup> Youngest to finish, and 1<sup>st</sup> Oldest to finish. Prizes include: Snap Fitness Hat and T-Shirt, 25.00 gift certificate to Perfectly Fit, 3 month Pre-Paid membership to Snap Fitness.

**AGE GROUPS:** All ages are invited to participate.

**AID STATIONS:** Water will be available at the midway point and water, juice, and fruit at the finish line.

**AFTER PARTY:** After the 5K race, you will receive a SNAP Fitness water bottle and a free week pass. Make sure you STAY to enjoy the 3<sup>rd</sup> Annual Tangi & St. Helena Night Out. We'll have plenty of food, drinks, music, activities, live demonstrations, over 60 booths to visit, and much, much more! (See website & FB for updates)

**ENTRY FEE:**

**Pre-Registration** - \$25 - August 22<sup>nd</sup> - September 23<sup>rd</sup> (Mail in, Pay-pal, drop off)

**Late Registration** - \$30 - Sept 24<sup>th</sup> - October 1<sup>st</sup>. (PayPal payments and drop off only)

**Race Day Registration** - \$30 - T-shirts as available. T-shirts & Sizes not guaranteed to late entrants.

**In Person Registration** - SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454 between the hours of 11 a.m. - 7 p.m. Monday through Friday. Pre-registration forms can be dropped off at SNAP Fitness Ponchatoula, SNAP Fitness Hammond 1905 W. Thomas St. Hammond, LA 70401, and Perfectly Fit Sports, 303 W. Minnesota Pk, Hammond, LA 70403. Check or Cash ONLY. Check to be made payable to Crime Stoppers of Tangipahoa, Inc.. Registration is not refundable. All proceeds to benefit Crime Stoppers of Tanaipahoa. Inc. a 501c3 Non-profit organization.



Hammond Running Club



FOR RACE INFORMATION CONTACT RACE DIRECTOR: BREE WESTMORELAND 985.386.7105

EMAIL: [PONCHATOULA@SNAPFITNESS.COM](mailto:PONCHATOULA@SNAPFITNESS.COM) FACEBOOK: [WWW.FACEBOOK.COM/PONCHATOULASNAPFITNESS](http://WWW.FACEBOOK.COM/PONCHATOULASNAPFITNESS)

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, Perfectly Fit Sports, 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. 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.

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

Please Print Legibly

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

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

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

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

Adult T-Shirt: S (34-36) \_\_\_\_\_ M (38-40) \_\_\_\_\_ L (42-44) \_\_\_\_\_ XL (46-48) \_\_\_\_\_ XXL (48-50) \_\_\_\_\_

Pre-Registration Deadline: September 23, 2011

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