



Kick'n it to Crime @

**5TH ANNUAL
TANGI & ST. HELENA
NIGHT OUT AGAINST
CRIME**
~ September 28th, 2013 ~
Zemurray Park
400 S. Oak Street, Hammond, LA
70403

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

DATE: Saturday, September 28th, 2013

LOCATION: Zemurray Park, 400 S. Oak St., Hammond, LA 70403

TIME: 5K Race/Walk start 8:30 a.m.

COURSE: Begins & Ends - Zemurray Park Loop

T-SHIRTS, HUGGIES, & FLASHING PINS: TNO T-shirts, SNAP Fitness huggies, SNAP Fitness free month gift cards, and flashing pins are guaranteed to pre-registered runners by September 20th, 2013. Late and race day entrants will receive T-shirts, and other giveaways as available. Sizes not guaranteed to late entrants. All race participants will receive an arm band for free food, drink, and a smoothie at the 5th Annual Tangi & St. Helena Night Out (excluding the Hot Wing Cook-off Challenge).

RACE DAY REGISTRATION: 7:30 a.m. - 8:15 a.m. (Registration will end promptly at 8:15 a.m.) Race packet pickup will be available on race day at Zemurray Park and the two days prior at SNAP Fitness, 18539 Hwy 22, Ponchatoula, LA 70454 & 1905 W. Thomas St., Hammond, LA 70401 (See below).

RACE INFORMATION WEBSITE & PAYPAL: www.tangicrimestoppers.com/events or www.facebook.com/tangicrimestoppers. Check for updates at 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 or 1905 W. Thomas St., Hammond, LA 70401 on Thursday, Sept. 26th from 4 p.m. - 7 p.m. and Friday, Sept. 27th, from 12 p.m. - 5 p.m.

AWARDS: Prizes will be given to the 1st overall Male and Female to finish, 1st Youngest to finish, and 1st Oldest to finish. Prizes include: Snap Fitness Hat and T-Shirt, and a \$25.00 Perfectly Fit Gift Card, 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, smoothies, and fruit at the finish line.

AFTER PARTY: After the 5K race, be sure you STAY to enjoy the 5th Annual Tangi & St. Helena Night Out. We'll have plenty of food, drinks, music, activities, live demonstrations, hot wing cook-off, 70+ booths to visit, and much, much more! (See website & FB for updates)

ENTRY FEE:

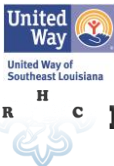
Pre-Registration - \$25 - July 1st - September 20th (Mail in, Pay-pal, drop off)

Late Registration - \$30 - Sept 21st - Sept. 27th (PayPal payments and drop off only)

Race Day Registration - \$30 - 7:30a.m. - 8:15 a.m. - 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. 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 Tangipahoa, Inc. a 501c3 Non-profit organization & United Way Partner Agency. CST TAX ID: 68-0516834



Hammond Running Club

FOR RACE INFORMATION CONTACT RACE DIRECTOR: BREE FERRER 985.386.7105

EMAIL: PONCHATOULA@SNAPFITNESS.COM FACEBOOK: 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 20th, 2013

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

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