The SUPER COOPER HEART RUN! ~ HOUMA

March 26, 2011 5K & Kids 1 Mile Run/Walk

When & Where? ~
Saturday, March 26, 2011
The Workout Company
443 Corporate Dr, Houma, LA

Registration begins at 7 a.m.
1 Mile Kids Fun Run begins at 8:00 a.m.
5K Run immediately following

5K = **$20** Thru Mar 12 / **$25** After Mar 12

1-Mile = **$12** Thru Mar 12 / **$15** After Mar 12

No Shirt Option ***(Pre-Register or Race Day)***
5K = $15 / 1-Mile = $10

$2 Discount for BRASS Members

AWARDS ~

****5K Runners (men & women categories):**

Overall 1st, 2nd, & 3rd Place AND

1st, 2nd, & 3rd Place in following age groups:

14 under; 15-19; 20-29; 30-39; 40-49; 50-59; 60+

****5K Walkers (men & women categories):**
Overall 1st, 2nd, & 3rd Place

****1-Mile Kids Run Awards:**

Top 5 Overall Kid Finishers ***(12 & Under)***

All Kid Finishers get a Medal

What's Cooper Life Fund? ~ We are a nonprofit created to help families of children born with serious medical conditions while promoting a healthy lifestyle through exercise and physical fitness. John and Ashley Fontenot founded the nonprofit after their son Cooper Fontenot was born with a Congenital Heart Defect in 2004. At 9-days old Cooper underwent open-heart surgery. He is alive and well today because of prayers, support and great medical care! Please visit us at www.cooperlifefund.org.

New Race Route!! To Be Announced

Music, Refreshments, Door Prizes and Awards Ceremony following the race

Who Do I Contact For More Info? ~
John or Ashley Fontenot 985-580-2555
Or info@cooperlifefund.org

Entry Fee made out to:

Cooper Life Fund
2030 Savanne Rd.
Houma, LA 70360

COOPER LIFE FUND

Who Benefits? ~ The money provides families with car seats, strollers, lodging vouchers, gas cards, gift cards and other items while their newborn baby was unexpectedly admitted into intensive care at Terrebonne General Medical Center - NICU. Please visit their website at www.tgmc.com

TGMC
Terrebonne General Medical Center

Deadline for Early Entry – Mar 12, 2011

ENTRY FORM – Please Print Clearly

Name: _____

Address: _____

City: _____State: _____Zip: _____

Phone: _____

E-Mail:_____

Circle one: **5K Run/Walk** **1 Mile Run/Walk**

Please circle your selections below:

Age (on race day): _____ Male Female

T-Shirt Size: S - M - L - XL - 2XL

Youth S - Youth M - No Shirt Option

Entry Fee Amount Enclosed $_____

All pre-registered participants are guaranteed a Super Cooper Heart Run T-shirt. Race day registrants will be given a T-shirt on a first come first serve basis. In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Cooper Life Fund, Terrebonne General, The Workout Company, BRASS, any race officials, associated sponsors, their representatives, successors, and assigns for any injuries suffered by me in said event. I attest and verify that I will participate in this event as a foot race entrant, and that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant permission for any officials associated with this event to use any photographs, videotapes or audio recordings from this event, as they deem appropriate.

Signature of Participant::

_____

Parent's Signature (if under 18):

Date: _____