



IS PROUD TO PRESENT  
The 1<sup>st</sup> Annual  
Stonewall "Long Haul"

5K Run/Healthwalk & Half Mile Fun Run

Register online @ [www.sportspectrumusa.com](http://www.sportspectrumusa.com)



**Brought to you by:** Anytime Fitness, Stonewall, LA

**Proceeds:** All proceeds go to support the Alzheimer's Association.

**Special Thanks to these Individuals, Businesses, and Organizations for volunteering their Resources:** Julie Henderson's State Farm Agency, M&M Builders, Amy Burford McCartney Attorney-at-Law, Michael McFerren Builders, B & B Rental, Keith Cooper Rentals, Rosewood Gifts, Coca-Cola, Down Home Sausage, & Grand Cane Plumbing.

**Date and Starting Times:** Saturday Morning, October 24, 2009. Half Mile Fun Run starts at 8:00 am. 5K Run/Health Walk will start at 8:30 am.

**Race Course:** Race starts and finishes at Griffin Stadium.

**Entry Fee:** Pre-Registration is \$15.00. After October 10, 2009, registration is \$18.00. Race day registration is \$20.00. Children 12 and under \$10.00. You may register by dropping off or completing your race application, cash or check only, at Sportspectrum- 6970 Fern Ave, Shreveport, LA 71105, or at Anytime Fitness- 671 Highway 171 Ste. J, Stonewall, LA 71078. All Credit card sales can be processed online at [www.sportspectrumusa.com](http://www.sportspectrumusa.com).

**Race Packet:** Every pre-registered participant will receive an official 2009 "Stonewall Long Haul" T-shirt. T-shirts will be limited, so please register early!

**Race Day Registration and Check In:** Race day registration is at North Desoto High School Stadium from 7:15 am to 7:45am. Race Packets may be picked up early from Sportspectrum Thursday, October 22 from 12:00 to 7:00pm, Friday, October 23 from 10:00 to 6:00pm, or at the Race site Saturday morning from 7:15am to 7:45am.

**Post Party:** Stick around after the race and join us for a great post party with refreshments, spacewalks, & fun for the whole family! This will be a great party for everyone!

**Awards:** Overall winner will receive a 1 year membership to Anytime Fitness in Stonewall. Female runner-up will receive a gift basket from Rosewood Gifts and male runner-up will receive 10 pounds of Down Home Sausage.

**\*\*BRING YOUR RACE # INTO ANYTIME FITNESS in STONEWALL AND RECEIVE A FREE WORKOUT DURING STAFFED HOURS OR A FREE MONTH UPON JOINING!!**

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**Waiver & Release**

In consideration of my being admitted to enter "Stonewall Long Haul 5k Run" I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Anytime Fitness, Sportspectrum, Sportspectrum Race Management, City Of Stonewall, their employees and agents of and from any and all claims or demands for damages, injuries or liability in any manner arising out of participating in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself be removed from the competition if in the opinion of Race Management that continuing would endanger my health.

The Stonewall Long Haul Entry Form October 24, 2009

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: Male or Female Packet Pickup: Sportspectrum or Anytime Fitness Stonewall

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ T-shirt Size: YM YL S M L XL (XXL add \$2.00)

I understand and agree to all conditions of waiver. Signature \_\_\_\_\_

Parent/Guardian Signature if under 18 years old \_\_\_\_\_