



PRESENTS 25th Annual Firecracker 5K

July 4, 2009

Sign up Online!!!!

www.sportspectrumusa.com



Welcome to the 25th Running of the Sportspectrum Firecracker 5K Run & Healthwalk. This coming July 4th, our nation's birthday promises to be celebrated with a special passion and purpose by Americans from coast to coast. Last year over 3000 runners, walkers, and weekend warriors filled the streets of South Highlands to participate in the largest sporting event in the Ark-La-Tex. Special thanks to our sponsor Ark-La-Tex Cardiology. It's hard to believe it has been 25 years since we first started this race with a total of 40 participants at Spring Lake Point APTS. Its been a great ride and a lot of fun sharing my July 4th memories with all my friends. I hope to see you out this July 4th, we have a great morning lined up for you.

Matt Brown

This race is being run in the memory of three great people. Both Jim Wilhite, Ran Kiper, & Robin Fell were similar in ways, having a passion for the great outdoors. From a Saturday morning jog with "the group" to a competitive half-marathon down on the Riverfront. Both were very successful business leaders, always giving their time & resources to organizations in need. But what always stood out in my mind about Jim & Ran was how committed they were to their families. That's what I will always remember most—I miss you guys!!

The 1996 Firecracker 5K was Ran's last foot race. The following day he was diagnosed with cancer and past away that September. We have all been touched by a family member, friend or loved on who has fought the battle against cancer. This race is in the memory of Ran Kiper, but can be run in memory of someone you know. Below on your official entry form, you will find an area where you can make a donation of \$10.00 or more to the American Cancer Society in memory of your loved one. All contributors will be given a special ribbon to be worn on race day. Remember all proceeds go to the American Cancer Society.

Sponsored by: SPORTSPECTRUM & ARK-LA-TEX CARDIOLOGY

Food Sponsors: CLARK'S TAILGATE, EARTHEREAL, & D'ANNA BROS. PRODUCE

Drink Sponsors: MICHELOB ULTRA BEER, OZARK SPORT DRINK

Sound, Music Mix, Emcee & Entertainment Coordinator/Sponsor: B. WOODROW NESBITT, JR.

Contributing Sponsors: MALL ST. VINCENT, NEW BALANCE of Shreveport, McVICAR & SON PRINTING, SPORTSPECTRUM RACE MANAGEMENT, CHRISTUS SCHUMPERT, SEARS, AMERICAN CANCER SOCIETY

Special Thanks: 1st MASONIC DISTRICT, KTBS CHANNEL 3, WELDON & ANN GLOCKZIN, TOM THOMA, BUTCH JORDAN & THE COSST SWIM TEAM, ALL OUR VOLUNTEERS, & ATOMIC RACING SYSTEMS

T-Shirts Produced By: RUNNING DOG SPORTSWEAR 869 4595

Bring the whole family out and start your July 4th celebration the healthy way!

Entry Fee: \$8.00!! You read it right. Our way at Sportspectrum to thank the Ark-La-Tex community for your continued support. This includes the 2009 Firecracker T-shirt. Pre-register to guarantee your t-shirt. **Pre-registration** is \$8.00 on or **before June 20, 2009**. Mailed entries must be **postmarked June 20** or before to be accepted as a \$8.00 entry. Registration after June 20, 2009 will be **\$15.00**. **Raceday registration is \$20.00**. Please mail entries **Sportspectrum Firecracker 5K, 7607 Youree Drive, Shreveport, LA 71105**.

Date: Saturday morning, July 4, 2009

Starting Time: 5K Run, Healthwalk, & Stroll — **8:00AM**

Fun run: **7:30am**. All kids participating in the 1/2 mile fun run will be awarded a finishers medal.

Course Description: 5K (3.1 miles) will start and finish at Mall St. Vincent Parking Lot (directly behind Sears) Race will proceed through historic South Highland Subdivision, one of Shreveport's oldest & most beautiful neighborhoods. A scenic and challenging road race for runners, walkers, and sightseers.

Early Packet Pickup: Race packets may be picked up at Sportspectrum starting –Saturday, June 27 from 10:00—5:00—Sunday, June 28 from 1:00-5:00—Monday, June 29 from 10:00-6:00—Tuesday, June 30 from 10:00-6:00—Wednesday, July 1 from 10:00-7:00, Thursday, July 2 from 10:00—7:00, Friday, July 3 from 10:00-4:00 @ 7607 Youree Dr.—318.798.1241.

Race Day Registration & Check-In: Mall St. Vincent parking lot behind Sears, 7:00—7:55 AM race day check-in. You may register race day, but we recommend early registration to guarantee T-shirt. Race-day Registration is \$20.00.

Giant Post Party: Catered fixins by Clark's' Tailgate, fresh fruit from D'Anna produce, ice cold Michelob Ultra Beer, and Ozark Sport Drink replacement drink.

Race Day Entertainment Galore! Enjoy the BWN LTD./Sportspectrum 12 speaker stereo sound system! • Judge Woody's famous FIRECRACKER-RACE MUSIC! • Pre-race toe tappin' C & W and ROCK PATRIOTIC TUNES! • A ROUSING RACE START program with PATRIOTIC TUNES, LIVE, NOT DEAD SINGERS, BEACH BALLS and the 1812 Overture Finale! • MUSIC SURPRISES ON THE COURSE! • IN THE FINISH CHUTE the WORLD'S BEST PATRIOTIC FINISHING MUSIC!! • ALWAYS A GREAT LIVE BAND AT THE POST PARTY

Awards: First 101 male and first 60 female finishers across the finish line will be timed and awarded a commemorative glass mug. No age group trophies will be awarded, just come out and have fun! A great way to start your July 4th activities. Come out and get the prized mug for your post race celebration.

Baby Joggers: Strollers, wagons, baby joggers, and any hand pushed or pulled vehicle will be allowed on the course, but at a walk pace capacity only. Absolutely NO in-line skates, roller skates or runners with baby strollers will be allowed on run course. This rule is an RRCA regulation!

WE NEED YOUR HELP!!!! If you would like to be a volunteer in any capacity before, during, or after the race, please call Betty Jo @ Sportspectrum 318.798.1241 or send your name and phone number to david@sportspectrumusa.com—Subject: Firecracker Volunteer.

OFFICIAL ENTRY FORM
SPORTSPECTRUM FIRECRACKER 5K
RUN/HEALTHWALK • 1/2 MILE FUN RUN
JULY 4, 2009

REGISTER ONLINE @ www.sportspectrumusa.com

Last Name _____ First Name _____

Address _____

City _____ State _____ ZIP _____

Birth date ____/____/____ Age as of 7/4/09 ____ M or F

E-mail _____

5K Run/Healthwalk 1/2 Mile Fun Run *All will receive finishers medals.*

T-shirt Size: YM YL S M L XL XXL (add \$2.00)

Tank Top Size: S M L XL **Circle only 1, either shirt or tank.*

ALL PROCEEDS WILL GO TO THE AMERICAN CANCER SOCIETY

THE 2009 EDITION OF THE SPORTSPECTRUM FIRECRACKER 5K is being run in memory of Ran Kiper. If you would like to run in memory of someone you know who has fought the battle with cancer, or for a cancer survivor, please donate \$10.00 to the American Cancer Society. We will in turn supply you with a small patriotic ribbon pin that you will wear race morning in honor/memory of that special person.

"In Memory of" Pins _____ Quantity @ \$10.00 Total \$ _____

\$8.00 on/before 6-20-09

\$15.00 after 6-20-09

\$20.00 on Raceday

Grand Total \$ _____

Waiver & Release

In consideration of my being admitted to enter "Firecracker 5K", I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, B. Woodrow Nesbitt, NWLRA, and Ark-La-Tex Cardiology, their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation 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.

Signature _____ Date _____

Parent/Guardian Signature if under 18 _____

FREE ENTRY
INTO
FIRECRACKER 5K
RUN & HEALTHWALK

BUY ANY PAIR OF



**MEN'S OR LADIES RUNNING SHOE*
BETWEEN MAY 1ST & JUNE 1ST, AND**

**WE'LL PAY FOR YOUR ENTRY INTO THE
BIGGEST RACE OF THE YEAR!**

**IT'S THAT EASY—BUY A PAIR OF NEW
BALANCE RUNNING SHOES* & WE'LL
AUTOMATICALLY REGISTER YOU INTO
THE 2009 SPORTSPECTRUM
FIRECRACKER 5K.**



5802 LINE AVE
31 861 6674

7607 YOUREE DR
318 798 1241

***Free Entry Not Valid on Sale Shoes**