



# YMCA HALF MARATHON & 5K RUN AND HEALTH WALK

**Saturday, November 10, 2007**

**Brought to you by:** Downtown YMCA & Red River Road Runners

**Distances:** 13.1 miles and 3.1 miles

**Race Times:** ½ Marathon starts at 8:00am;  
5K starts at 8:15am

**Location:** Riverview Park, North end of the Clyde Fant Parkway opposite Sci Port.

**Course:** Both courses begin in the park and go out and back on the jogging trail along the Red River. The course is flat with gentle rises. All turns and mile points will be marked. Water stops will be provided.

**Entry Fees:** \$15.00 on or before **Saturday November 3, 2006.** \$20.00 thereafter and on race day.

**Registration:** Register at the Downtown or Broadmoor YMCA, by mail, on the web at [www.shreveportymca.org](http://www.shreveportymca.org) or [www.sportspectrumusa.com](http://www.sportspectrumusa.com), or in person at **Sportspectrum**. Race day registration will begin at Riverview Park at 7:00am.

**Packet Pickup:** Early packet pickup at **Sportspectrum** beginning at noon on **Thursday, November 8<sup>th</sup> until 6:00pm Friday, November 9<sup>th</sup>**. Packets will be available on Saturday at the race site.

**Race Packet:** The race packet will include a long sleeved t-shirt and a race number. Please note that t-shirts, in correct size, will be guaranteed on race day to only those that pre-registered by November 4<sup>th</sup>. If we run out of t-shirts a second order will be placed and will be available for pick up at the Downtown YMCA at a date to be determined. There will not be an option to pay a discounted fee to run and not receive a shirt.

**Awards:** **HALF MARATHON:** Male & Female: 1<sup>st</sup> overall, 1<sup>st</sup> Masters, 1<sup>st</sup> Grand Masters. Age Groups: 19 & under; 20 – 29; 30 – 39; 40 – 49; 50 – 59; 60 & over.

**5K RUN & HEALTH WALK:** Male & Female: 1<sup>st</sup> overall, 1<sup>st</sup> Masters Age Groups: 15 & Under; 16 – 29; 30 – 39; 40 – 49; 50 – 59; 60 & over. First and Second prizes will be awarded in each age group.

**Refreshments:** Post race refreshments will be served at the post event party and awards ceremony.

# OFFICIAL ENTRY FORM 2007 YMCA HALF MARATHON & 5K RUN AND HEALTH WALK

Event: \_\_\_\_\_ 1/2 Marathon \_\_\_\_\_ 5K Run \_\_\_\_\_ 5K/Health Walk

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: Male \_\_\_\_ Female \_\_\_\_

T-Shirt: SM MED LG XL XXL(add \$2)

Daytime Phone: (\_\_\_\_) \_\_\_\_\_ Evening Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

2007 YMCA Annual Campaign Donation \_\_\_\_\_ Race Fee \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

**No Refunds – Race director reserves the right to reject any entry.** I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Shreveport-Bossier City YMCA, Red River Road Runners, the city of Shreveport, SPAR, Sportspectrum and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature if under 18 years

\_\_\_\_\_  
Date

**YMCA  
P.O. BOX 566  
SHREVEPORT, LA 71162**

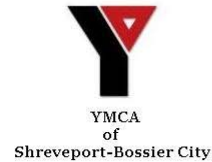
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**Saturday,  
November 11th, 2006**

**Riverview Park**

**Brought to you by:**



**Red  
River  
Road  
Runners**