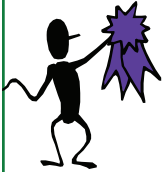


March is National Nutrition Month & the Northeast Louisiana Dietetic Association is sponsoring this event in order to promote nutrition, fitness & good health throughout the community. The 5-K & 1-K will take place through the scenic woods of Kiroli Park.



Awards & door prizes will be presented following the race! All participants will enjoy free refreshments & beverages.

Representatives from various health organizations will be offering free health screenings.

We invite you to take part!

For more info, please contact:

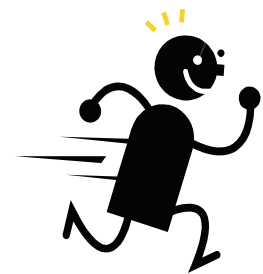
Kim Albritton (450-5252) or

Mary Cornetta (537-3058)

# Run for the Health of It!

5<sup>th</sup> Annual Nutrition Awareness 5K & 1K Fun Run / Walk

- March 29, 2008 -



Kiroli Park  
West Monroe, LA



# Run for the Health of It!

**Saturday, March 29, 2007**

**Start Times:**

5K Race - 8:30 am

1K Fun Run/Walk - 9:15 am

\* Registration: 8:00am until races begin

**Entry Fees:**

5K Pre-Registration \$15\*

Race Day \$20

1K Pre-Registration \$10\*

Race Day \$15

*\*must be postmarked by 3/14*

**5K Winner Categories:**

Overall Male & Overall Female  
and 1ST, 2ND, 3RD PLACE

**for the following age brackets:**

0-14, 15-19, 20-24, 25-29, 30-34, 35-39,

40-44, 45-49, 50-54, 55-59, and 60+.

**Course Description:** The course will begin at the front of Kiroli Park and will proceed through scenic trails.

*\*Please note—no baby strollers, roller blades, skates, headsets, or pets will be allowed on the race course.*

**Entry Form - One person per entry**

**Event (check one):**  5K run  1K Fun Run / Walk

**Gender:**  Male  Female

**Date of Birth:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

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

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

**T-Shirt Size (please check one)**  S  M  L  XL

**Participation Waiver:** I hereby certify that I am adequately trained and fit to participate in this race. In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive and release forever any and all rights and claims or damages which I may accrue against Ouachita Valley Road Runner, Northeast Louisiana Dietetic Association and any and all sponsors, real and implied, their successors, representatives and assigns for any and all injuries suffered by me awhile traveling to and from and while participating in the Annual "Run for the Health of It" 5K Run and/or Fun Run / Walk.

I have read, understand, and agree to the terms of this agreement.

\_\_\_\_\_  
*Signature Required*

\_\_\_\_\_  
*Parent's Signature*  
(if participant is under 18 years of age)

**PLEASE RETURN ENTRY FORMS BY Mar 14th TO:**

NLDA, 4220 Old Sterlington Road

Please make checks payable to NLDA.