

Resolution Run

2010

PRIZES

Date: 1-16-2010

Time: 9:00 AM

Pre-register by: 1-9-2010

Entry fees:

- \$15: 1 mile, 5 k
- \$20: Day of race

Start / Finish On Squire Creek Parkway

7:30-8:30 AM Check in & Late Registration

9:00 AM 5k begins

10:00 AM 1 m. fun run begins

For More Information Please Contact:

Squire Creek Fitness Center

Phone: 318 768-7003

E-mail: loriseacrist@squirecreek.com



Directions on reverse

Each age & gender category receives: First, Second, Third place awards.

Food & Drinks provided

Pre-Registration will Guarantee a Long Sleeved T-shirt.

Release of Responsibility: In consideration of my being admitted to enter the Resolution Run, I agree to hold harmless and indemnify Squire Creek Country Club & Development, L.L.C., their affiliates, owners, directors, and employees from any and all claims, suits, losses, causes of action, or other liability, including damages, injuries, or death arising out of or relating to my participation in said event. I agree to adhere to all regulations and instructions by race administrators. Failure to do so will result in disqualification. I certify that I am of good health and prepared to participate in this event. I understand that some terrain may be uneven and that some roads may be open to traffic.

Name _____

Signature (parent/legal guardian if under 18 years of age) _____

Date _____

Address _____

Event: 1 mile 5k

Shirt Size: 6-8 10-12 14-16

S M L XL XXL

I would like to give an Additional Contribution of: _____

Phone _____

Sex _____

Age on race day _____

Mail form and entry fee to:
Squire Creek Fitness Center
289 Squire Creek Parkway
Choudrant, LA 71227

Driving Directions

From Monroe

Take I-20 W to Exit 93

Take LA-145 N (~1/10 mile)

Turn Left (just before O'Neal GAS) onto LA-820

Continue for about 2.3 miles

(There will be a Squire Creek water tower on the right)

Take the next Right

From Ruston/Shreveport

Take I-20 E to Exit 93

Take LA-145 N (~4/10 mile)

Turn Left (just before O'Neal GAS) onto LA-820

Continue for about 2.3 miles

(There will be a Squire Creek water tower on the right)

Take the next Right