



## 4<sup>th</sup> Annual Camp Quality 5K

Camp Quality USA™ – Louisiana

March 11, 2017 @ 4:00 pm

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### Chennault Park

8475 Millhaven Road, Monroe, LA 71203

Register online at:

<https://runsignup.com/Race/LA/Monroe/CampQuality5KRun>

**Registration: (Includes T-Shirt\*, race/walk participation)**

5K Run/Walk : \$25 through February 11

\$30 February 12 through March 4

\$35 March 5 through Race-Day

1 Mile Fun Run: \$15

\*(**NO SHIRT** guarantee for those that register after February 23, but we will try)

**Check-In and Race-Day Registration:** 2:30 pm to 3:45 pm

**Race Times:** 4:00 pm (5K), 5:00 pm (1 Mile)

**Awards:** Overall Male & Female Winners, Overall Male & Female Masters, Overall Male & Female Grandmasters. Top 3 Male & Female in each: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

**Proceeds:** Camp Quality Louisiana – Camps & programs for children with cancer and their families

**Make checks payable to:** Camp Quality USA – Louisiana

**Contact:** Terry Hogue 919-810-8582 (Hoguetd@gmail.com)

**Mail Registration Forms to:** (1 form per participant please)

Camp Quality Louisiana 5K

1800 Forsythe Avenue

Suite 2, Box 307

Monroe, LA 71201

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Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age on 3/11/17: \_\_\_\_\_

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

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

**Shirt Size:** (circle one) **YS** **YM** **YL** **SM** **M** **L** **XL** **2XL** **3XL**

**5K** \_\_\_\_ **or Fun Run** \_\_\_\_

Waiver: (MUST BE SIGNED)

I know that running/walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Camp Quality USA, Camp Quality – Louisiana Chapter, their representatives, all sponsors, all event volunteers, and successors, from all claims or liabilities of any kind arising out of my participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian if under 18: \_\_\_\_\_

NO REFUNDS will be issued for any reason.