



**9th Annual Cajun Fitness Frog Run/ Walk (5K)
Labor Day Weekend
Race Information**

Date: Saturday September 3, 2011 8:00 am

Location: City of Rayne Depot Square

**Benefiting: Local Youth Programs
& Rayne Tornado Victims**

Registration: At Cajun Fitness, by mail or race day

Race Director: Mica Smith

337 334 7060

Packet Pick Up: Thursday Sept 1, 2011 3 – 7pm
@ Cajun Fitness or race day

mica@cajunfitness.com

facebook: cajunfitness frogrun

Entry Fee: \$20 until August 25
\$25 after August 20
\$2 discount for CRRC Members

Mail \$\$ and info to:
Cajun Fitness Frog Run
1225 Church Point Hwy
Rayne, La 70578

Awards: Overall Men & Women
1st, 2nd, 3rd
Age group Men & Women
14 and under, 15 – 19, 20-29, 30 –39
40-49, 50 – 59, 60 – 69, 70 and over

Cash Prizes for Overall Male & Female (1st, 2nd & 3rd)

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ENTRY FORM

NAME: _____

EMAIL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ SEX: M _____ F _____ AGE (race day) _____

SHIRT SIZE: _____S _____M _____L _____XL

All pre-registered participants are guaranteed a Cajun Fitness 5K T-shirt. Those registering race day will be given a T-shirt on a first come first serve basis. Should T-shirts run out participants may pick up their shirts @ Cajun Fitness after September 20.

In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Cajun Fitness, any race officials, associated sponsors, their representatives, successors, and assigns for any injuries suffered by me in said event. I attest and verify that I will participate in this event as a foot race entrant and that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant permission for any officials associated with this event to use any photographs, videotapes or audio recordings from this event as they deem appropriate.

Signature of participant: _____

Signature of Parent (if under 18): _____

Date: _____