



Louisiana School for the Deaf Foundation

2010 Dash for Deaf Kids

5K Race and 1 Mile Fun Run
Saturday May 1, 2010

1 Mile Fun Run 8:00 a.m.

5K Run 8:30 a.m.

The 5K begins at LSD, located at 2888 Brightside Lane in Baton Rouge, La. The race leaves the school grounds, and proceeds through Riverbend Subdivision, returning to LSD for a fast finish. Race participants and their families are encouraged to join in for post-race for food, beverages, awards and door prizes.

AWARDS

Overall—Male and Female (1 Mile & 5K)

Masters and Grandmasters—Male and Female

Age group awards—Male and Female

3 deep in 5 year age groups: 14 years and younger through 76 years and older

All race entrants are eligible for door prizes

REGISTRATION FEES: Registration must be received by April 20th to guarantee the reduced fee and T-Shirt. Late or *Race day registrants not guaranteed t-shirts.*

Make checks payable to **LSD Foundation.** (**ENTRY FEES ARE NON-REFUNDABLE**)

	<u>5K</u>	<u>1 Mile</u>	<u>Both Races</u>
Before 4/20/10	\$12	\$12	\$17
After 4/20/10	\$15	\$15	\$20

EARLY PACKET PICK-UP & LATE REGISTRATION:

Friday April 30, 2010

1:00 pm – 6:00 pm

Varsity Sports

2055 Perkins Road 70808

Return Forms and Checks to

LSD F DASH

Atten: Julie Russell

8733 Siegen Lane

Box #124

Baton Rouge, LA 70810

Send Race questions to: jrussell.71@gmail.com (subject line: DASH)



I will participate in the **5K Race** **1 Mile Fun Run**

Shirt size: **Small** **Medium** **Large** **X Large** **XX Large**

I can't participate, but please accept my donation of \$_____

Please print legibly:

Name: _____

Street: _____

City: _____ **State/Zip** _____

Telephone: _____ **E-mail:** _____

Gender: _____ **Age on Race Day:** _____

By completing this entry form, I, the undersigned, intend to be legally bound here for myself, my heirs, executors, administrators and assigns, knowingly and willingly I waive and release any and all rights and claims for damages I may have against the persons or entities connected with this event, including the Louisiana School for the Deaf (LSD), the LSD Foundation, Club South Runners, and all other parties associated with this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to use my name and image in any photographs or other records of this event.

Signature: _____ **Date:** _____

Parent's Signature if under 18 years old: _____

RETURN FORMS & CHECKS TO:

LSDF DASH
Atten: Julie Russell
8733 Siegen Lane
Box #124
Baton Rouge, LA 70810

FOR MORE INFORMATION:

Julie Russell (225) 806-1534 or (jrussell.71@gmail.com) (SUBJECT LINE: DASH)
www.lalsd.org (LSD Foundation Link)

