

Saturday, October 15, 2011  
Middendorf's Restaurant, Manchac, Louisiana  
10 Mile and 5K Run/Walk

**FEATURING:**

- Hosted by Middendorf's Seafood Restaurant, a "Louisiana culinary tradition". \*Your race entry includes a post race Catfish Dinner. !
- \$550.00 Prize money in the 10 mile race
- Technical Fabric T-shirts
- Chip timing for 10 Mile and 5K
- Louisiana RRCA 10 Mile State Championship



**Benefiting**



OPTIONS is a local, private, non-profit agency providing quality services in response to the needs of men and women with disabilities and their families since 1973. Info: [www.options4u.org](http://www.options4u.org)

**DATE:** Saturday, October 15, 2011

**TIME:**

- 8:00AM: Start of 10 Mile and 5K
- 7:00AM: Race Day Registration and Packet Pickup Opens
- 7:30 AM: Early Start for 10 Mile Race Walker division

**LOCATION and DIRECTIONS:**

Middendorf's Seafood Restaurant  
30160 US Highway 51 South, Manchac, La. 70421  
(Use Exit # 15 from I-55)  
[www.Middendorfsrestaurant.com](http://www.Middendorfsrestaurant.com) or 985-386-6666

**COURSE:**

Out and back on US Highway 51  
Certified Course: USATF 10 Mile Course (LA090004JF)  
\*Course Time Limit: 2 hours and 40 minutes will be enforced  
Six (6) water stations on course with Kentwood Springs Water, Powerade and port-o-lets placed by each station.

**ENTRY FEES :**

Check or Credit Card: Payable to NORSI

**10 Mile Race:**

Pre-Registered by Oct 1<sup>st</sup>: \$30.00  
Registered after Oct 1<sup>st</sup> thru Oct 8th: \$35.00  
Registered on the day of race: \$40.00

**5K Run/Walk:**

Pre-Registered by October 1<sup>st</sup>: \$25.00  
After October 1<sup>st</sup> thru day of race: \$30.00  
Register Youth Division (Age 17-under) thru day of race: \$20.00

\*Please check race entered (5K or 10 Miler) on registration form. This is chip timed event, info is vital to proper event scoring.

**HOW TO REGISTER:**

**ON-LINE:** Online link posted on [www.NOLArunning.com](http://www.NOLArunning.com)

**BY MAIL TO:**

NORSI, 4041 Williams Blvd., Suite A-9, Box #107, Kenner, La. 70065

\*See packet pickup details on this form

**PRE-REGISTER In Person**( Available soon at the following locations)

(payable by check or credit card only ) TO: NORSI  
Perfectly Fit Performance Sports, 303 W. Minnesota Park, Hammond  
Middendorf's Seafood Restaurant, 30160 Hwy 51, Manchac  
Phidippides, 6601 Veterans Blvd., Metairie  
GNO Cyclery, 1426 S. Carrollton, New Orleans  
Sneaker Shop, 904 Harrison Avenue, New Orleans  
Bicycle Connection, 3236 N. Arnoult, Metairie  
Southern Runner, 6112 Magazine, New Orleans  
Varsity Sports, 3450 Magazine, New Orleans  
Louisiana Running Company, 4153 Canal Street, New Orleans  
Kona Fitness, 7306 Lakeshore Dr., New Orleans  
Runners Choice, 4700 Hwy 22, Mandeville  
Varsity Sports, 2021 Claiborne Street, Mandeville  
West Jefferson Fitness Centers, Marrero and Terrytown



10 Mile and 5K

Sponsored by:



**T-SHIRTS:**

Custom "Technical Fabric" t-shirts. Entrants pre-registered prior to October 1st will have their shirts placed in packets for pre-race packet pickup or race day packet pickup. Entrants registered after October 1<sup>st</sup> will receive t-shirts as supplies are available. Should reorder be necessary, details will be posted.

**PACKET PICKUP and LATE REGISTRATION:**

\*Two locations and two dates!  
When: Tuesday, October 11<sup>th</sup>: 2:00PM till 6:00PM  
Where: Phidippides Sports, 6601 Veterans Blvd., Metairie  
When: Wednesday, October 12<sup>th</sup>: 2:00PM till 6:00PM  
Where: Perfectly Fit Performance Sports, 303 W. Minnesota Park, Hammond  
\*Late Registration will be available at both locations  
\*Packet pickup will also be available on the day of race at the race site beginning at 7:00AM.

**CHIP TIMED EVENT:**

Timing and scoring by timing chip. Chip is attached to your race number, please read instructions for use on flyer attached to your race number. Please do not switch race number or timing chip. Please check race distance (5K or 10 Miler) you are entering on the registration form.

**AWARDS:**

**10 MILE:**

1<sup>st</sup> Overall Male and Female: \$150.00  
2<sup>nd</sup> Overall Male and Female: \$75.00  
3<sup>rd</sup> Overall Male and Female: \$50.00  
Commemorative awards to 1<sup>st</sup> Masters, Grand Masters, Seniors, Youth and to the 1<sup>st</sup> and 2<sup>nd</sup> place in age groups 14-under thru 75 and over.  
Race Walkers: Awards to top 3 overall male and female

**5K:** 1<sup>st</sup> Overall Open, Youth, Masters, Grandmasters, Seniors.

Age Groups: 10-under thru 80 and over (1<sup>st</sup> and 2<sup>nd</sup> place)  
Race Walker 5K: 1<sup>st</sup> thru 3<sup>rd</sup> place overall

**POST RACE REFRESHMENTS:**

FEATURING: Middendorf's Restaurant's famous thin fried catfish dinner with coleslaw and French bread !  
Michelob Ultra Beer, Coca-Cola, Powerade, Kentwood Springs Water, Elmer's Chee Wees, Banana's. Also join us after the race party at Middendorf's at the Gator's Den just across the bridge for a post-post race party!

**Sponsors:**

Hancock Bank, The Worley Company  
Coca-Cola, Powerade, K-TEAM, Acadian Ambulance  
Michelob Ultra, Kentwood Springs Water, Elmer's Chee Wees  
Perfectly Fit Performance Sports, Health and Fitness Magazine  
Phidippides Sports, Hammond Running Club, The Gator's Den.

**RACE INFORMATON:**

Administered by:  
New Orleans Running Systems Road Race Management, Inc.  
and the Hammond Running Club  
Website: [www.NOLArunning.com](http://www.NOLArunning.com) E-mail: [Chucknorsi@cox.net](mailto:Chucknorsi@cox.net)  
Phone: 504-468-1488  
Race Director: Chuck George (NORSI)