

OPSO & ZULU Mid City Bayou Boogaloo

5K and 1/2 Mile Run / Walk

Saturday, May 16, 2015



Highlights:

- Win a ride in the Zulu Parade on Mardi Gras Day
- Costume contest
- Post race party inside the festival grounds

DATE: Saturday, May 16, 2015

TIME:

- 7:30 am: Race Day Registration and packet pickup opens

(at the 5K start area Broad Street at Poydras St.)

- 8:30 am: Start of 5K Run & Walk
- 9:30 am: Start of 1/2 mile R*un & Walk

LOCATION & TRANSPORTATION

5K Start: Poydras Street at Broad Street, 5K Finish at the Bayou Boogaloo Festival. 1/2 Mile Start and Finish is at the Festival site.

Free post race Bus transportation from Festival area back to the 5K Race start line area.

ENTRY FEES:

Payable to: Zulu Community Service Foundation

- \$20.00 Adult (18-64 by: May 1
- \$25.00 Adult: May 2nd thru May 11th
- \$30.00 Adult: Race Day
- \$15.00 Youth (17-under & Seniors 65-over): by May 11th
- \$20.00 Youth / Senior: Race Day

HOW TO REGISTER:

ON-LINE: Online link posted on www.NOLArunning.com

BY MAIL TO:

Zulu 5K, P. O. Box 791581, New Orleans, La. 70119

Entry fee/check: Payable to Zulu Community Service Foundation

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

- **Payable to: Zulu Community Service Foundation**
- Louisiana Running Company - New Orleans
- Phidippides- Metairie Southern Runner-New Orleans
- Varsity Sports-New Orleans
- GNO Cyclery-New Orleans

T-SHIRTS:

To pre-registered entrants given out on the day of race at the run/walk t-shirt booth inside the Bayou Boogaloo Festival grounds.

AWARDS: * Fantastic hand crafted awards !!!

Hand crafted Zulu style awards in numerous event divisions including:

- 5K: 1st Overall Open, Masters, Grand Masters
Age group awards: 14-under, 15-19 (2 deep) ,
20-29, 30-39, 40-49, 50-59, 60-69, 70-over (3 deep)
- Race Walkers: 1st place
- Zulu Members, Military, First Responders, OPSD. (3 Deep)

1/2 Mile Fun Run: Awards to the top 10 male and female youth age finishers.

Race results and event photo's will be available at:

www.NOLArunning.com

POST RACE REFRESHMENTS Sponsored by:

Plenty of food and beverage (must have official race number) courtesy of Tommy's Cuisine, Annunciation Restaurant, Oceana Grill, Langenstein's Super Market. Abita Beer, Soft Drinks, Kentwood Springs Water.

RACE INFORMATION:

New Orleans Running Systems Road Race Management, Inc.

Website: www.NOLArunning.com

E-Mail: Chucknorsi@cox.net ♦ Phone: 504-468-1488

Race Director: Chuck George

Race Chairman: James A. Mitchell (Zulu S & P Club)

Race Co-Chairman: Sgt. Stephanie Minto-Gibson (OPSO Race Committee)

Bayou Boogaloo Festival Info:

504-488-FUNK or www.thebayouboogaloo.com



OPSO & ZULU Mid City Bayou Boogaloo ♦ Saturday, May 16, 2015, New Orleans, La

ADULT (18 – 64) **YOUTH (17 & Under) / SENIOR (65 & Over)**

<input type="checkbox"/>	\$20.00	By May 1	<input type="checkbox"/>	\$15.00	By May 11
<input type="checkbox"/>	\$25.00	May 2 - May 11	<input type="checkbox"/>	\$20.00	Race Day th
<input type="checkbox"/>	\$30.00	Race Day			

BIB / RACE NUMBER
Official Use Only

CHECKS PAYABLE TO:
Zulu Community Service Foundation
P. O. Box 791581 New Orleans, La. 70119
All entry fees are non-refundable

LAST NAME	FIRST NAME	MI
<input type="text"/>	<input type="text"/>	<input type="text"/>

STREET ADDRESS / APARTMENT NUMBER
<input type="text"/>

CITY	STATE	ZIPCODE
<input type="text"/>	<input type="text"/>	<input type="text"/>

TELEPHONE NUMBER	DATE OF BIRTH	AGE	MALE	FEMALE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>

SHIRT SIZE:

Sm	Med	Lg	XL	XXL
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E-MAIL ADDRESS

PAYMENT BY CREDIT CARD	VISA	MC	ACCOUNT NUMBER	EXPIRATION DATE
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>

Printed Name of Cardholder

Signature of Cardholder

I know that running for a road race is a potentially hazardous activity. I should not volunteer or enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event but not limited to fall, contact with other participants, the effects of weather, including high heat and /or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry. I for myself and anyone else entitled to act on my behalf, waive and release the New Orleans Running Systems, Inc., Zulu Community Service Foundation, Bayou Boogaloo Festival, Zulu S & P Club, OPSO Race Committee and all sponsors, their representatives and successors from all claims in liabilities of any kind arising out if my participation in the event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose.

SIGNATURE: _____ Date: _____

SIGNATURE: _____ Date: _____
Signature of Parent or Guardian required if entrant is under 18