

# 37TH ANNUAL PONCHATOULA JAYCEES



## STRAWBERRY STRUT



Sunday, April 14<sup>th</sup> – 1 mile fun run, 5k, and 10k

**LOCATION:** Ponchatoula Junior High 315 E. Oak Street, Ponchatoula, LA

**TIME:**

7:30am: 1 mile fun-run start

8:00am 5k & 10k start

**COURSE:** The course will begin and end at Ponchatoula Junior High.

**SPLITS/FLUID STATIONS:** Distance markers will be posted for every mile. There will be four fluid stations available throughout the course.

**AWARDS:**

\*Souvenir Finisher Medals for all registered 1mile, 5k and 10k finishers\*

5k & 10k Awards: medals will be given to the 1<sup>st</sup> and 2<sup>nd</sup> place male and female finishers in each age group:

19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over.

A complementary 2020 race entry will be awarded to the overall 1<sup>st</sup> 5k finisher and overall 1<sup>st</sup> 10k finisher.

**T-SHIRTS:** Specially designed t-shirts will be given to each pre- registered runner **(sizes guaranteed if registered by March 23, 2019)**  
If any additional t-shirts are available, they will be first come on race DAY.

**PARKING:** Available at the Ponchatoula Junior High

**POST-RACE:** Fresh fruits, water, and homemade strawberry short cake will be available to all racers.

**REGISTRATION LOCATION:** Only cash and checks will be accepted.  
Perfectly Fit 303 W. Minnesota Park, Suite E, Hammond, LA 70401

**ONLINE REGISTRATION:** Available through April 10<sup>th</sup>, 2019. Please visit [www.racemine.com/ponchatoulastrawberrystrut](http://www.racemine.com/ponchatoulastrawberrystrut)

**RACE PACKET PICK-UP:** Packets will be available on Friday, April 12<sup>th</sup> from 12:00pm to 6:00pm at Perfectly Fit in Hammond. For those unavailable during this time frame, packet pick up will also be available at the event site on race day from 6:30am to 7:15am.

For additional information please visit [www.racemine.com/ponchatoulastrawberrystrut](http://www.racemine.com/ponchatoulastrawberrystrut)

Pre-Registration Deadline: March 23, 2019

**5k and 10k registrants:**

\_\_\_\_\_ \$25 Feb. 1st - March 23<sup>th</sup> (t-shirt guarantee)

\_\_\_\_\_ \$30 March 24<sup>th</sup> - April 12<sup>th</sup>

\_\_\_\_\_ \$35 April 14<sup>th</sup>, race day \*CASH/CHECK ONLY\*

**1mile fun run registration:**

\_\_\_\_\_ \$20 Feb. 1st - March 23<sup>th</sup> (t-shirt guarantee)

\_\_\_\_\_ \$25 March 24<sup>th</sup> - April 12<sup>th</sup>

\_\_\_\_\_ \$30 April 14<sup>th</sup>, race day \*CASH/CHECK ONLY\*

\* All 5K/10K runners are invited to run the 1 mile at no additional charge. 1 mile run will NOT be chip timed.

**RACE Category (please circle):**

**1 MILE FUN RUN**

**5K**

**10K**

FIRST: \_\_\_\_\_ LAST: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ GENDER: M  F

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

SHIRT SIZE (please circle one): **Adult sizes only:** SM MED LG XL 2XL

**Waivers and Disclaimers**

Liability Release (Required): I hereby certify that (I am 18 years of age or older) (I am the parent or legal guardian of the participant, who is under 18 years of age). I understand and assume the risks of participation in this event. For myself, my heirs and assigns, I agree to waive, release, and forever discharge any claim for injury or damage (including death), and to hold harmless the Ponchatoula Jaycees, Perfectly Fit, Ponchatoula Strawberry Festival Board, South Tangipahoa Association of Runners, the City of Ponchatoula, Ponchatoula Police Department, Tangipahoa Parish Sheriff's Department, and its agents, employees, and any individual associated with these organizations against any claim, loss, liability or expense, including attorney's fees, resulting directly or indirectly from participation in this event. I will additionally permit the free use of my name and pictures in any media broadcast, telecast, newspaper, website, etc. that is related to the event. I have sufficiently trained for the completion of this race. My physical condition has been verified by a licensed medical doctor. No refunds for inclement weather.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (if under 18) : \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN NAME (please print): \_\_\_\_\_