



United Way for South Louisiana

M.V.P 5K Walk/Run

Saturday January 26, 2019

Course: The race will begin and end at the Courtyard Marriott
142 Library Dr., Houma LA
5K Walk/Run 9:30am

Registration: \$ 25 Adults- Early Registration 1/11 (via internet, mail, or drop off at 600 Academy St, Houma La 70360

Awards: T-shirt (guaranteed to pre-registrants only), entrance to the SOUPer Bowl Cook-off. Awards for top runners.

*Sponsorship Opportunities are still available; please contact our office for more information, 985.879.2461

NAME (First, Last) _____ Gender: M F

AGE on 1/26/19 _____ Phone Number _____

Address _____

Email: _____

Emergency Contact Name _____

Emergency Contact Number _____

Check one: _____ 5K Run _____ 5k Walk Shirt Size: S M L XL

Amount Paid \$ _____ (please make checks payable to United Way for South Louisiana)

Cardholder Name _____ (print) Signature _____

Master Card Visa American Express Expiration Date: _____ Security Code _____

Card # _____

Cardholder Address (if different from above) Mailing Zip Code _____

Questions? EMAIL US AT Achampagne@uwsla.com or CALL (985) 879.2461

Waiver and Release

Standard Waiver (must be signed by all participants or guardian if under 18): I know that participating in a road race is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able, and by my signature I certify that I am medically able to participate in this event and am in good health. I agree by any decision of the program coordinators relative to any aspect of my participation of this event and program, including the right of any coordinator to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, included but not limited to falls, contact with other participants, the effects of the weather (including cold, heat, and humidity), traffic and the conditions of the road all such risks being knowing and appreciated by me. Having read this waiver and knowing these facts and in consideration for your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release United Way for South Louisiana and its employees, and any city, county, state and national government entity responsible for areas used in conjunction with this event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. Further, I grant my permission to all the forgoing to use my name and images of myself in any photographs, motion pictures, results, publication or any other print, video graphic or electronic record of this event for legitimate purposes. I have read the above release and understand that I am entering the 2019 SOUPer Bowl 5K at my own risk.

I understand and agree to the waiver and release *