DATE: Saturday, March 23, 2013

LOCATION: Downtown Hammond

TIME: 1 mile fun run - 8:30 am, 5K run - 9:00 am

COURSE: The course will be out and back, around beautiful Southeastern Louisiana University

WATERSTATION: 1 water station will be located at the 1.5 mile mark.

ENTRY FEE: $25.00 before March 16th, $35.00 late registration (March 23rd - race day)

T-SHIRTS/APRONS: Guaranteed to pre-registered runners by March 16th. Late and race day entrants will receive t-shirts as available after the race. Sizes not guaranteed to late entrants.

REGISTRATION:
Perfectly Fit Performance Sports
303 W. Minnesota Park, Suite E
Hammond, LA 70403
Checks and Cash only

RACE DAY REGISTRATION: Race day registration will start at 7:30am. Registration will close at 8:15 for the 1 mile and 8:45 for the 5K.

REGISTER BY MAIL (through March 16th only!!): Hammond Blues and BBQ Fun Run, P.O.Box 85, Hammond, LA 70403

Please make checks payable to – Hammond Blues and BBQ

PRE-REGISTRATION PACKET PICK-UP: Available at Perfectly Fit Performance Sports on March 22nd between 10am and 6pm. We will have race packets and t-shirts, as well as store specials for race participants.

AWARDS: Awards will be given to the top 5 male and female runners for both the 1 mile and 5K runs. Awards will be one of a kind awards keeping with the theme and history of the BBQ run.

POST-RACE PARTY: We'll have drinks, fruit, beer and of course, BBQ!!. After that, stay for the Smokin Blues & BBQ Festival.

PROCEEDS: Proceeds for the Smoking Blues & BBQ Fun Run will go to Special Olympics, Louisiana Children's

Volunteers welcome!!
Call Mark at 985-350-1348

Pre-Registration Deadline: March 16, 2013

FIRST: _____ LAST: _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE #: _____ EMAIL ADDRESS: _____

DATE OF BIRTH: _____ GENDER: M___ F___ **APRONS** or **T-SHIRT SIZE** (circle one): SM Med LG XL 2XL

Race Number

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, and to hold harmless the Hammond Blues and BBQ, its officers, agents and employees against any claim, loss, liability or expense, including attorney's fees, resultingdirectly or indirectly from participation in this event.

Signature _____ Date_____

Parents Signature **(if under 18)**_____Date_____