



SUPER COOPER~HOUMA

5K & 1 Mile Run/Walk

March 23, 2013



When & Where? ~

Saturday, March 23, 2013
The Workout Company
443 Corporate Dr, Houma, LA

Registration begins at 7 a.m.
1 Mile Fun Run begins at 8:00 a.m.
5K Run immediately following

5K = \$20 Until Mar 10 / \$25 After Mar 10

1-Mile = \$13 Until Mar 10 / \$17 After Mar 10

No Shirt Option (Pre-Register or Race Day)

5K = \$15 / 1-Mile = \$10

Race timed by:

www.inspireracingllc.com



AWARDS ~

****5K Runners (men & women categories):**

Overall 1st, 2nd, & 3rd Place AND

1st, 2nd, & 3rd Place in following age groups:

14 under; 15-19; 20-29; 30-39; 40-49; 50-59; 60+

****5K Walkers (men & women categories):**

Overall 1st, 2nd, & 3rd Place

****1-Mile Kids Run Awards:**

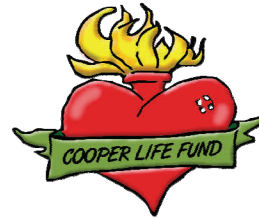
Top 5 Overall Kid Finishers (12 & Under)

All Kids Finishers get a Medal

Music, Refreshments, Door Prizes and Awards Ceremony following the race

What's Cooper Life Fund? ~ We are a nonprofit created to help families of children born with serious medical conditions while promoting a healthy lifestyle through exercise and physical fitness. John and Ashley Fontenot founded the nonprofit after their son Cooper Fontenot was born with a Congenital Heart Defect in 2004. At 9-days old Cooper underwent open-heart surgery. He is alive and well today because of prayers, support and great medical care! Please visit us at www.cooperlifefund.org.

**Find Us On
facebook.**



Contact John or Ashley Fontenot f/more Info:

985-580-2555 Or info@cooperlifefund.org

Entry Fee made out to:

**Cooper Life Fund
2030 Savanne Rd.
Houma, LA 70360**

Who Benefits? ~ The money provides families with car seats, strollers, lodging vouchers, gas cards, gift cards and other items while their newborn baby was unexpectedly admitted into intensive care at Terrebonne General Medical Center - NICU. Please visit their website at www.tgmc.com



Deadline for Early Entry – Mar 10, 2013

ENTRY FORM – Please Print Clearly

Name: _____

Phone: _____

E-Mail: _____

Check one: 5K 1 -Mile Age: _____

Check one: Male Female

Check one:

Sleeved Race Shirt (Included w/Entry Fee)
OR

****Sleeveless Race T-Shirt (Additional \$4)**
****Adult Sizes only**

Shirt Size (available options below): _____

S - M - L - XL - 2XL - 3XL

Youth S - Youth M - Youth Large

I am making an additional contribution of \$ _____

Total Amount Enclosed \$ _____

All pre-registered participants are guaranteed a Super Cooper T-shirt. Race day registrants will be given a T-shirt on a first come first serve basis. In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Cooper Life Fund, Terrebonne General, The Workout Company, Inspire Racing, LLC, Terrebonne Parish Consolidated Government & their employees, any race officials, associated sponsors, their representatives, successors, and assigns for any injuries suffered by me in said event. I attest and verify that I will participate in this event as a foot race entrant, and that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant permission for any officials associated with this event to use any photographs, videotapes or audio recordings from this event, as they deem appropriate.

Signature of Participant: _____

Parent's Signature (if under 18): _____

Date: _____