

# 5K-9 Run/Walk

## Where & When

Saturday, March 7, 2020  
Next to the Courtyard Marriott  
Library Drive  
Houma, LA

## Starting Time

Registration begins at 8:00am  
1/2 mile run/walk begins at 9:00am  
5K begins at 9:30am

## Run/Walk Entry Fees

\$20 registered by March 1, 2019  
\$25 registered on race day

\$15 for 1/2 mile **only** registered by March 1, 2020

\$20 for 1/2 mile **only** registered on race day

Entry fee includes shirt and food/drink/  
event tickets)

## Entry Fee Made To

Friends of Terrebonne Animal Shelter  
P. O. Box 3408  
Houma, LA 70361

Mail in a copy of current vaccination record  
for each dog participant with application.

*Proceeds benefit the homeless animals of  
Terrebonne Parish.*

## Who do I contact for more info?

Rachel Brunet (985) 637-0295  
Layla Foret (985) 981-0457  
ftasinfo@gmail.com



## Annual 5K-9 Run/Walk

### Awards

#### 1/2 Mile Run/Walk

1st and 2nd overall for runner/K-9 teams

#### 5K Runners

1st & 2nd overall for runner/K-9 teams

1st & 2nd in following age groups (males/females):

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

#### 5K Walkers

1st, 2nd overall for walker/K-9 teams

1st, 2nd overall for walkers

### Post Race

Music, food, drinks, beer, sweets

**Free Admission. Ticket sales (food/drink/activities)**

**Tagged, leashed and vaccinated friendly  
dogs welcomed.**

**Dog participants are encouraged but not  
required.**

## Registration Form (Please Print Clearly)

Name: \_\_\_\_\_

Ad-  
dress: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone No: (\_\_\_\_) \_\_\_\_\_ Age on Race day \_\_\_\_\_

Email Address: \_\_\_\_\_

Dog's Name \_\_\_\_\_ Breed \_\_\_\_\_ Age \_\_\_\_\_

Circle: 5K Runner    5K Walker    1/2 mile run/walk

Sex: M or F    Shirt size: YS YM YL S M L XL

Entry Fee Amount Enclosed \$ \_\_\_\_\_

Checks payable to:

**Friends of Terrebonne Animal Shelter**

I understand that my consent to these provisions is given in consideration for being permitted to participate in this Event; I may be removed from this competition if I do not follow all the rules of this Event; and I am a voluntary participant in the Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I know that this road race event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of any injury or accident that may occur during my participation in this event (including, but not limited to, my fundraising activities associated with the event) or while on the event premises (collectively, "my Participation"). To the fullest extent of the law, I, for myself, my next of kin, my heirs, administrators, and executors (collectively, "releasers"), hereby release and hold harmless and covenant not to file suit against Split Second, LLC, Friends of the Terrebonne Animal Shelter, Houma Police Dept, South Louisiana Wetlands Discovery Center, Terrebonne Parish Consolidated Government, and any sponsors of this race, and their respective directors, officers, volunteers, agents and employees; any event sponsors; and all other persons or entities associated with this event (collectively, the "releasees") for any injury or damages I might suffer in connection with my participation. This release applies to any and all loss, liability, or claims I or my releasers may have arising out of my participation, including but not limited to, personal injury or damage suffered by me or others, whether such losses, liabilities, or claims be caused by falls, contact with and/or the actions of other participants, contact with fixed or non-fixed objects, contact with animals, conditions of the event premises, negligence of the releasees, risks not known to me or not reasonably foreseeable at this time, or otherwise. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of parent if under 18)

**Run/Walk hosted by:  
Split Second, LLC**