



# MILLTOWN CLASSIC 5K WALK/RUN



SATURDAY, February 13, 2010 – 8:00 AM  
Hosted by the Rotary Club of Bogalusa, LA

## Time

Registration: 6:30 am  
Race: 8:00 am

## Place

Race starts at the entrance of Cassidy Park,  
located on Willis Avenue, Bogalusa, LA

## Course

The race will follow a wheeled-loop course,  
beginning and ending at the Cassidy Park  
entrance. The course is hilly, fast, friendly &  
downhill at the end of course. It will follow  
the parade route much of the way.

## Eligibility

The race is open to runners, joggers, race  
walkers and walkers of all ages and abilities.

## Registration

Pre Race Day: By Wednesday, February 10,  
2010

\$10.00 – For All Adult Runners  
5.00 – Children under 12

Race Day: \$15.00 – For All Adult Runners  
7.00 – Children under 12

## Post-Race Social

Complimentary food and beverage will be  
provided in Cassidy Park for all our race  
participants.

## Long-Sleeved T-Shirts

To all participants; please check off size.

## 5K Cash Awards

\$50.00 1<sup>st</sup> Overall Male & Female

## Awards

First 3 Overall Male & Female  
First 3 Race Walkers Male & Female  
First Rotarian (from any club)

## Top 3 Runners in Each Age Group

Male: 1-12, 13-18, 19-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-69, 70 & Over

Female: 1-12, 13-18, 19-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-69, 70 & Over

Ribbons to all finishers 12 & under

(No duplicate awards will be presented.)

## Hotel Accommodations

Early hotel reservations suggested due to Mardi  
gras Parade the day of the race.

Traveler's Rest Motel (985) 735-7772

The Cottage (985) 732-9559

The Baer House (985) 515-2756

## Mardi Gras Parade

Bring your family & friends to the largest,  
friendliest parade outside of New Orleans!! The  
Krewe of MCCA will roll at 1:00 PM the  
afternoon of the race.

## For More Information

For more information, contact race coordinator  
Brad Lewis at [rbl@tahk.net](mailto:rbl@tahk.net) or (985) 735-6115  
– leave message if no answer. If email use  
“Milltown Classic” in subject line.



# 2010 MILLTOWN CLASSIC 5K WALK/RUN

Make checks payable to: Rotary Club of Bogalusa

Mail to: P.O. Box 52, Bogalusa, LA 70427

Check One

Run  
 Race Walk

T-shirt Sizes

Small       Medium  
 Large       X-Large

If a Rotarian, Name of Club \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Day Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this declaration and knowing these facts and in consideration of your accepting my entry, I, for myself and heirs, and anyone entitled to act on my behalf, hereby agree to indemnify and hold harmless the Milltown Classic 5K walk/run, the Bogalusa Rotary Club, the City of Bogalusa and all sponsors of the Milltown Classic 5K walk/run, and all volunteers working with said event, their representatives and successors from any claim or liability of any kind including any claim for damages and/or attorney's fee by me or anyone acting on my behalf and for any claim arising out of my participation in this event. I further waive and release the Milltown Classic 5K walk/run, the Bogalusa Rotary Club, the City of Bogalusa and any and all sponsors, any and all volunteers and their successors from any claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of the event for any legitimate purpose.

Date \_\_\_\_\_

Signature (Parent or Guardian if under 18) \_\_\_\_\_