

**RACE Category (please circle): 1 mile fun run 5K 10K**

FIRST: \_\_\_\_\_\_\_\_\_\_LAST: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY: \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ STATE: \_\_\_\_\_ ZIP:

DATE OF BIRTH: \_\_\_\_\_\_\_\_\_\_ AGE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GENDER: M ⬜ F ⬜

EMAIL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE: \_\_\_\_\_

SHIRT SIZE (please circle one): **Adult sizes only:** SM MED LG XL 2XL

***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 (including death), and to hold harmless the Ponchatoula Jaycees, Perfectly Fit, Ponchatoula Strawberry Festival Board, South Tangipahoa Association of Runners, the City of Ponchatoula, Ponchatoula Police Department, Tangipahoa Parish Sheriff’s Department, and its agents, employees, and any individual associated with these organizations against any claim, loss, liability or expense, including attorney’s fees, resulting directly or indirectly from participation in this event. I will additionally permit the free use of my name and pictures in any media broadcast, telecast, newspaper, website, etc. that is related to the event. I have sufficiently trained for the completion of this race. My physical condition has been verified by a licensed medical doctor. No refunds for inclement weather.

SIGNATURE: DATE:

PARENT/GUARDIAN SIGNATURE (if under 18) : DATE:

PARENT/GUARDIAN NAME (please print):

**LOCATION:** Ponchatoula Junior High 315 E. Oak Street, Ponchatoula, LA

**TIME:** 1 mile fun run 7:30am, 5k run and 10k run at 8:00am

**COURSE:** The course will begin and end at Ponchatoula Junior High. The newly updated course will provide more safety for our runners!

**SPLITS/FLUID STATIONS:** Distance markers will be posted for every mile. There will be four fluid stations available throughout the course.

**AWARDS:** \*Custom Finisher Medals for all runners\*

Medals will be given to the top three overall male and female runners in the 10K, top three overall male and female runners in the 5K and 1st place in each of the following age groups: 17 & under, 18-29, 30-39, 40-49, 50-59, 60 & over.

Special Award given to the BEST DRESSED, wear your best Strawberry Strut apparel, be creative!

**T-SHIRTS:** Specially designed t-shirts will be given to each pre- registered runner **(sizes guaranteed if registered by March 31, 2017)** Runners who register on the day of the event will receive shirts while supplies last.

**PARKING:** Available at the Ponchatoula Junior High

**POST-RACE:** Fresh fruits, healthy snacks, water, and soft drinks will be available to all racers.

**REGISTRATION LOCATION:** Only cash and checks will be accepted.

Perfectly Fit *303 W. Minnesota Park, Suite E, Hammond, LA 70401*

**ONLINE REGISTRATION:** Available through April 5, 2017. Please visit www.racemine.com/ponchatoulastrawberrystrut

**RACE PACKET PICK-UP:** Packets will be available on Friday, April 7th from 12:00pm to 6:00pm at Perfectly Fit in Hammond. For those unavailable during this time frame, packet pick up will also be available at the event site on race day from 6:00am to 7:30am.

12 & Under 13 & Older

\_\_\_\_\_\_ $20 Feb. 1st - March 12 \_\_\_\_\_\_$30 Feb. 1st - March 12

\_\_\_\_\_\_ $25 March 13th - April 5th \_\_\_\_\_\_$35 March 13th - April 5th

\_\_\_\_\_\_$30 April 6th – April 9th \_\_\_\_\_\_$40 April 6th – April 9th

\* All 5K/10K runners are invited to run the 1 mile at no additional charge. 1 mile run will not be chip timed. The 1 mile run is a fun run only.

For additional information please visit www.racemine.com/ponchatoulastrawberrystrut Pre-Registration Deadline: March 12, 2017

**35th Annual Ponchatoula Jaycees Strawberry Strut**

**Sunday, April 9th – 1 mile fun run, 5k, and 10k**