



SUPER COOPER 5K 5K & 1 Mile Run/Walk March 24, 2018

Join us for the 12th Annual
Super Cooper 5K Race

When & Where? ~

Saturday, March 24, 2018
Pinocchio's Pizza Playhouse
117 Prevost Dr, Houma 70364



All kid racers age 14 &
under get a
FREE LASER TAG
session to be played
after race!
(minimum 48" tall)

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

5K = \$20 Until Mar 11 / **\$25** After Mar 11
1-Mile = \$13 Until Mar 11 / **\$17** After Mar 11

No Shirt Option (Pre-Register or Race Day)
5K = \$15 / 1-Mile = \$10

****5K Runners (men & women categories):**
CASH PRIZE for Top 3 Men/Women Overall
Awards for 1st, 2nd, & 3rd Place 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)

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

Register Online at: www.cooperlifefund.org

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 second son Cooper Fontenot was born with a Congenital Heart Defect in 2004 and underwent 6 hours of open-heart surgery. He is alive and well today because of prayers, support and great medical care!

Find Us On
facebook



Contact John or Ashley Fontenot for more Info:
985-258-5751 Or info@cooperlifefund.org

Entry Fee made out to:
Cooper Life Fund
276 Riverwood Drive
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 11, 2018

ENTRY FORM – Please Print Clearly

Name: _____

Phone: _____

E-Mail: _____

Check one: 5K 1-Mile Age: _____

Check one: Male Female

Race Shirt Guaranteed w/Early Entry Registration
(shirts available while supplies last on race day)

Shirt Size : _____ No Shirt Option

S - M - L - XL - 2XL - 3XL - 4XL

Youth S - Youth M - Youth Large

I am making an additional contribution of \$ _____

Total Amount Enclosed \$ _____

Military Men and Women—Apply 10% Discount

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 Medical Center, Pinocchio's Pizza Playhouse, Split Second, 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: _____

Race timed by: **SPLIT SECOND LLC**
www.splitsecondllc.com