**One Step At A Time**

**1 Mile Fun Run/Walk and 5K Walk/Run**

Saturday, September 26, 2015

Abita Springs Trailhead, Abita Springs, LA



**RACE INFORMATION:**

Phone: 985-237-5506 •

Website: www.stops-la.com

**PRE-REGISTRATION:**

Online at: www.stops-la.com

**PRE-REGISTRATION BY MAIL:**

**(Must be postmarked by September 11, 2015)**

Return this registration form to:

STOPS, 427 N. Theard St., #500, Covington, LA 70433

Pick up packet on day of Run.



**Join us for more than just a run! One Step At A Time will celebrate hope for our community!**

**DATE/TIME:** Sat., Sept. 26, 2015

7:00-7:30 AM – Race day registration and packet pickup

7:45-8:00 AM – Pre-race Warm Up

8:00-8:30 AM – 1 Mile Fun Run/Walk

8:30 AM – Start of 5K Run

**LOCATION:**

Abita Springs Trailhead Pavillion – Registration is located at the pavillion.

**ENTRY FEES: (Non-refundable)**

(Payable by cash, check or credit card)

Individual: $20.00 – Pre-register by Sept 11, 2015

$30.00 – After Sept 11th and day of race

Teams (of 5): $90.00 – Pre-register by Sept 11, 2015

$125.00 – After Sept 11th and day of race

***⯎ T-shirts will be guaranteed to pre-registered runners on the day of race. Additional T-shirts available as supplies last.***

**SPONSORSHIPS:**

Sponsorships levels from $100 to $5000. Individual or business sponsorships accepted. All sponsors will be featured on STOPS website and race T-shirt. Visit [www.stops-la.com](http://www.stops-la.com) for more information. **Deadline for sponsorships is September 11, 2015.**

***Checks payable to:***

**STOPS**

**427 N.Theard St #500**

**Covington, LA 70433**

***All entry fees are non-refundable.***

***Official Use Only***

❑ **Saturday, September 26, 2015 • Abita Trailhead • AbitaSprings, LA**

Individuals: ❑ $20 Pre-Registered by 9/11/15 ❑ $30 Registered after 9/11/15 and day of race

Teams: ❑ $90 Pre-Registered by 9/11/15 ❑ $125 Registered after 9/11/15 and day of race

**PLEASE PRINT**

**Last Name First Name MI**

* **Team/Sponsor Name**

**Address**

**City State Zip Gender**

**Telephone Date of Birth Age**

**Email Address T-Shirt Size ❑ Small ❑ Medium ❑ Large ❑ X-Large**

**For Credit Card Payment: 🞎 Visa 🞎 Mastercard 🞎 Discover Card No.: \_\_\_ \_\_\_\_\_\_\_**

**Exp. Date: 3-Digit Security Code: \_\_\_**

**Name as appears on card: Signature: \_\_\_\_\_ \_\_\_\_\_\_\_**

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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry, I for myself and anyone else entitled to act on my behalf, waive and release St. Tammany Outreach for the Prevention of Suicide (STOPS) and all sponsors, their representatives and successors from all claims in liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose.

Signature Date:

Signature Date:

*Signature of Parent or Guardian if Entrant is Under 18*