**One Step At A Time**

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

Saturday, September 20, 2014

Abita Springs Trailhead, Abita Springs, LA



**Registrations may be made online by emailing stops.la@gmail.com**

**RACE INFORMATION:**

Phone: 985-237-5506 •

Website: www.stops-la.com

**PRE-REGISTRATION:**

Online at: email: stops.la@gmail.com

**PRE-REGISTRATION BY MAIL:**

**(Must be postmarked by September 6, 2014)**

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. 20, 2014

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 Pavilion – Registration is located at the pavillion.

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

(Payable by cash, check or credit card)

Individual: $15.00 – Pre-register by Sept 6, 2014

$25.00 – After Sept 6th and day of race

Teams (of 5): $75.00 – Pre-register by Sept 6, 2014

$125.00 – After Sept 6th 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 range from $100 for a “Baby Stepper” to $5000 for our “Speed of Light” sponsor. Please check our website or call 985-237-5506 for details. **Deadline for sponsorships is September 1, 2014.**

***2014 STOPS Partners: NAMI St. Tammany Rice-Voelker Recovery Fund Baker, Talley, Anthony & Hughes Kiwanis Club of Greater Covington Caminita Wildlife Artmasters Kelly Robinson, APRN Donna Bliss STPSO Francis R. White, III A Professional Law Corporation National Polyfab, Inc. St. Tammany Parish Tourist Commission Abita Café St. Tammany Parish Coroner’s Office Therapeutic Partners, LLC Torey Lamothe Joe Manuel and the Hot Tamales Personal Fitness Training by Marie Arnone Louisiana Health Cooperative Northshore Families Helping Families The Working Actor’s Studio with Jim Gleason***

***Checks payable to:***

**STOPS**

**427 N.Theard St #500**

**Covington, LA 70433**

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

❑ **Saturday, September 20, 2014 • Abita Trailhead • AbitaSprings, LA**

Individuals: ❑ $15 Pre-Registered by 9/6/14 ❑ $25 Registered after 9/6/14 and day of race

Teams: ❑ $75 Pre-Registered by 9/6/14 ❑ $125 Registered after 9/6/14 and day of race

Sponsorships: Call 985-237-5506

***Official Use Only***

**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 ❑ 2 XL**

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 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*