



5th Annual One Step At A Time

1 Mile Fun Run/Walk and 5K Walk/Run
Saturday, September 8, 2018
Abita Springs Trailhead, Abita Springs, LA

Date: Saturday, September 8, 2018

TIME: 8:00 a.m. – Start of 1-mile race
8:30 a.m. – Start of 5K race

Race day registration & number pickup begins at 7:00 a.m.

PLACE: Abita Springs Trailhead Pavilion, Abita Springs, LA

ENTRY FEES: (checks payable to: STOPS)

Pre-Registration: (Postmarked by August 31, 2018)

\$10.00 Pre-registered Youth (age 16 & under)

\$25.00 Adult entrants (age 17 & over)

Race Day Registration: Begins at 7:00 am

\$15.00 Youth entrants (age 16 & under)

\$35.00 Adult entrants (age 17 & over)

\$25.00 Race Day no t-shirt entry fee will be available

PRE-REGISTRATION: (Postmarked by August 31, 2018)

BY MAIL: **One Step At A Time** C/O 15th Street Flyers

49 Karen Drive, Covington, LA 70433

IN PERSON: **Varsity Sports (985.624.8200)** ~ Sorry, no credit cards

2021 Claiborne St., Mandeville

ON LINE: getmeregistered.com/stops

Race Applications available at: www.stops-la.com

T-SHIRTS:

T-shirts will be given out to all pre-registered entrants on the day of the race. Race Day entrants are not guaranteed sizes or availability.

AWARDS:

5K: 1st, 2nd, & 3rd Overall Male & Female; 1st, 2nd, & 3rd Master (40 & over) Male & Female; and 1st, 2nd & 3rd Place 12 years and under

REFRESHMENTS:

Post-race refreshments, including local food and beverages will be available to all registered participants.



Race Hosted by:

STOPS, St. Tammany Outreach for Prevention of Suicide

Entry fees are non-refundable

FOR RACE INFORMATION CALL:

Lynette Savoie 985.237.5506

FOR REGISTRATION INFORMATION CALL:

Diane Weiss: 504.460.2991

DETACH BOTTOM PORTION AND RETURN WITH PAYMENT

(PLEASE COMPLETE ONE FORM PER PERSON)

PRE-REGISTRATION (by 08-31-18)

___ \$10.00 Youth (16 & under) Pre-Registered

___ \$25.00 Adult Entrants (17 & over) Pre-Registered

RACE DAY REGISTRATION (09-08-18)

___ \$15.00 Youth (16 & under) Race Day

___ \$35.00 Adult Entrants (17 & over) Race Day

___ \$25.00 Race Day, No T-shirt entry

Race Number

Checks payable to: **STOPS**, 49 Karen Dr, Covington, LA 70433 • **Entry fees are non-refundable!**

PLEASE PRINT CLEARLY: **PLEASE COMPLETE ONE FORM PER PERSON**

Last Name		First Name		MI				
Street Address/Apartment Number				City, State, Zip Code				
Sex M	Sex F	Telephone Number	Date of Birth	Age	Walker: yes no			
Shirt Size: YS	YM	YL	AS	AM	AL	AXL	AXXL (add \$1)	Email 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 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 including 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 these facts and in considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Parish of St. Tammany, the City of Abita Springs, St Tammany Outreach for the Prevention of Suicide, the 15th Street Flyers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: By participant or Parent or Guardian if under 18

DATE