

VOL Cajun Festival 5K & 1 Mile Fun Run

Saturday, March 7, 2020 ~ 8:30AM

Bayou Segnette State Park

7777 Westbank Expy, Westwego, LA 70094



Girls Strong Registration

Now through March 4, 2020

Girls on the Run Entry is FREE*

(*Does not include race shirt*)

Packet Pick Up (Race Bib)

Where: VOL Gym (Padre Hall II)

Date: Friday, March 6, 2020, fm 6:00PM – 8:00PM

Awards:

- 1st Overall Male & Female
- 1st Youth Male & Female (14 & Under)
- 1st Male & Female in the following age groups:
15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-Over

Race signup includes one water/soft drink and a bowl of jambalaya.

Waiver and Release

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to participate in this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risk associated with running in the event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I understand that bicycles, skateboards, roller skates, roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the VOL Cajun Festival Walk/Run, VOL Cajun Festival, Visitation of Our Lady Parish, Archdiocese of New Orleans, Visitation of Our Lady Catholic School and all its affiliates, the parish of Marrero, and Cajun Timing, all event sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence of carelessness on the part of the person named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

PARTICIPANT NAME _____

Circle One

DATE OF BIRTH _____

AGE RACE DAY _____

MALE

FEMALE

Print Name _____

Signature of Participant or Parent/Guardian if under 18 _____

E-MAIL ADDRESS _____

PHONE NUMBER _____

Date _____

VOL Cajun Fest 5K Race T-shirt Order



VOL 5K Race Tech-SHIRT:

Cost Shirt - \$20.00

Please select Short or Long Sleeve as well as Adult or Youth and requested size.

SLEEVE: SHORT LONG

ADULT: SMALL MEDIUM

LARGE X-LARGE 2XL

YOUTH: MEDIUM LARGE

Payment Type: CHECK (Payable to VOL CAJUN FEST) CASH

CREDIT CARD VISA MASTERCARD AMEX

CREDIT CARD NUMBER _____

EXP Date _____ CVV _____

NAME ON CARD _____

ADDRESS _____

CITY STATE ZIP