



# The **SUPER COOPER HEART RUN!** - DOWNTOWN LAFAYETTE! November 07, 2009 5K & Fun Run



**When?** ~  
Saturday, Nov 07, 2009

**Where?** ~ **Parc Sans Souci**  
**New Downtown Location!**  
201 E. Vermillion St.,  
Lafayette, LA

**What Time?** ~ Registration Begins @ 7 a.m.  
Fun Run @ 8:00 a.m. followed by 5K Run

**How Much does the 5K Heart Run Cost?** ~  
\$20 Through Oct. 24<sup>th</sup> ~ \$25 After Oct. 24<sup>th</sup>  
(Race Day Registration @ Parc Sans Souci)



**\$2 Discount for  
CRRC Members**



**How Much does the Fun Run Cost?** ~  
\$12 Through Oct. 24<sup>th</sup> ~ \$15 After Oct. 24<sup>th</sup>  
(Race Day Registration @ Parc Sans Souci)

**Are There Any Prizes?** ~ - (Men & Women)  
3 deep for 5K overall & following age groups:

**14-Under; 15-19; 20-29; 30-39; 40-49;  
50-59; 60 +; & new Team Trophy**

**Who Do I Contact For More Info?** ~

John or Ashley Fontenot  
985-580-2555 or 985-258-5751

**Entry Fee made out to:**

Cooper Life Fund  
2030 Savanne Rd.  
Houma, LA 70360



**STEVE RILEY & The Mamou Playboys**

**will entertain the crowd after the race!!!  
Also, Refreshments, Door Prizes & Awards**

**What's the Cooper Life Fund?** ~ The Cooper Life Fund is a nonprofit organization created with an objective to develop methods of raising money for charitable heart organizations. John and Ashley Fontenot founded the organization after their son Cooper Fontenot was born in 2004 with a Congenital Heart Defect. Cooper spent many weeks in the hospital and when he was only 9-days old endured several hours of open-heart surgery. He is alive and well today because of great medical care and because of intensive cardiovascular research. Visit us at [www.cooperlifefund.org](http://www.cooperlifefund.org).

**Who Benefits?** ~ The Cooper Life Fund has selected **Camp Bon Coeur** (Camp Good Heart) as the recipient to help sponsor kids for summer camp. Camp Bon Coeur is a local non-profit cardiac camp designed especially for kids born with heart defects. [www.heartcamp.com](http://www.heartcamp.com)



**Deadline for Early Entry – Oct. 24, 2009**

**ENTRY FORM – Please Print Clearly**

Name: \_\_\_\_\_

Team Name: \_\_\_\_\_ (if applicable)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**Circle one:** 5K Run/Walk      1 Mile Run/Walk

**Please circle your selections below:**

Age (on race day): \_\_\_\_\_ Male      Female

**T-Shirt Size:** S - M - L - XL - Youth S - Youth M

**Entry Fee Amount Enclosed \$** \_\_\_\_\_

All pre-registered participants are guaranteed a Super Cooper Heart Run 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 the Cooper Life Fund, Camp Bon Coeur, Downtown Development Authority, 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: \_\_\_\_\_