



# The SUPER COOPER HEART RUN! ~ HOUMA

## March 27, 2010 5K & Kids 1 Mile Run/Walk



### When & Where? ~

Saturday, March 27, 2010  
The Workout Company  
443 Corporate Dr, Houma, LA

### What Time?

Registration begins at 7 a.m.  
1 Mile Kids Fun Run begins at 8:00 a.m.  
5K Run immediately following

### What is the Cost of the 5K? ~

~ \$20 Through March 13 ~ \$25 After March 13

### What is the cost of the 1-Mile Fun Run?

~ \$12 Through March 13 ~ \$15 After March 13



**\$2 Discount for  
BRASS Members**



### AWARDS ~

#### **\*\*5K Runners (men & women categories):**

Overall 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Place AND  
1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Place in following age groups:  
14 under; 15-19; 20-29; 30-39; 40-49; 50-59; 60+

#### **\*\*5K Walkers (men & women categories):**

Overall 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Place

#### **\*\*1-Mile Kids Run: Top 5 Overall Finishers**

*All Kids Finishers get an Award*

**Music, Refreshments, Door Prizes and  
Awards Ceremony following the race**

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

John or Ashley Fontenot 985-580-2555

**What's the Cooper Life Fund?** ~ We are a non-profit created to help families of children born with serious medical conditions while promoting a healthy lifestyle through exercise and physical fitness. John and Ashley Fontenot founded the non-profit after their son Cooper Fontenot was born with a Congenital Heart Defect in 2004. At 9-days old Cooper underwent open-heart surgery. He is alive and well today because of prayers, support and great medical care! Please visit us at [www.cooperlifefund.org](http://www.cooperlifefund.org).



### **Special Guests!**

**The Biggest Loser** contestants  
**ABBY RIKE & VICKY VILCAN**

will be running in this year's race. They will be on hand before & after the race taking photos, signing autographs & visiting with all participants. So come out and get fit with Abby & Vicky while supporting a great cause. Don't forget your cameras!

### **Entry Fee made out to:**

**Cooper Life Fund**  
**2030 Savanne Rd.**  
**Houma, LA 70360**



**Who Benefits?** ~ Terrebonne General Medical Center - NICU is the recipient of all proceeds from this race. The proceeds will help to provide medical and social care to the infants and families of infants admitted to the NICU. Please visit their website at [www.tgmc.com](http://www.tgmc.com)



### **Deadline for Early Entry – Mar 13, 2010**

#### **ENTRY FORM – Please Print Clearly**

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

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, Terrebonne General, The Workout Company, BRASS, 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: \_\_\_\_\_