



SUPER COOPER ~ HOUMA

March 24, 2012 5K & 1 Mile Run/Walk



When & Where? ~

Saturday, March 24, 2012
The Workout Company
443 Corporate Dr, Houma, LA

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

5K = \$20 Thru Mar 11 / \$25 After Mar 11

1-Mile = \$13 Thru Mar 11 / \$17 After Mar 11

No Shirt Option (Pre-Register or Race Day)

5K = \$15 / 1-Mile = \$10



BRASS GRAND PRIX

\$2 Discount for

BRASS Members

(does not apply to 'No Shirt Option')

AWARDS ~

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

Overall 1st, 2nd, & 3rd Place AND

1st, 2nd, & 3rd Place in following age groups:

14 under; 15-19; 20-29; 30-39; 40-49; 50-59; 60+

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

Overall 1st, 2nd, & 3rd Place

**1-Mile Kids Run Awards:

Top 5 Overall Kid Finishers (12 & Under)

All Kid Finishers get a Medal

What's Cooper Life Fund? ~ We are a nonprofit 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 nonprofit 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.

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

Who Do I Contact For More Info? ~

John or Ashley Fontenot 985-580-2555

Or info@cooperlifefund.org

Entry Fee made out to:

Cooper Life Fund
2030 Savanne Rd.
Houma, LA 70360



Who Benefits? ~ The money provides families with car seats, strollers, lodging vouchers, gas cards, gift cards and other items while their newborn baby was unexpectedly admitted into intensive care at Terrebonne General Medical Center - NICU. Please visit their website at www.tgmc.com



Deadline for Early Entry – Mar 11, 2011

ENTRY FORM – Please Print Clearly

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Check one: 5K 1-mile Age (race day): _____

Check one: Male Female

Shirt Size (available options below): _____

S - M - L - XL - 2XL - 3XL - Youth S - Youth M

I am making an additional contribution of \$ _____

Total Amount Enclosed \$ _____

All pre-registered participants are guaranteed a Super Cooper 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 Cooper Life Fund, Terrebonne General, The Workout Company, BRASS, Terrebonne Parish Consolidated Government & their employees, 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: _____