



5K RUN Chipped Race

Friday, April 28, 2023

TIME: 5:00 PM Race day registration & packet pickup opens
6:00 PM Start of 5K race

LOCATION: 333 F. Edward Hebert Blvd, Festival Grounds

ENTRY FEE: Pre registration: Check or Cash or Race Day: Credit Card, Cash, or Check
\$20.00 Pre-Registered by April 21st - Commemorative Seafood Tray
\$25.00 Registered after April 21st - Commemorative Seafood Tray while supplies last
\$10.00 Registration For Students with School ID

HOW TO REGISTER:

Mail — YMCA 8101 Hwy 23, Belle Chasse, La. 70037 (post marked by April 21st)

In Person — YMCA 8101 Hwy 23, Belle Chasse, La. 70037

Online — www.raceentry.com/races/plaquemines-parish-seafood-festival-5k/2023/register

Bib Pickup at YMCA on April 25 and 26 from 11am to 5pm.

AWARDS: OVERALL 1ST AND 2ND PLACE MALE AND FEMALE RECEIVE MEDAL!

First and Second Place Male and Female

5K 0-10, 11-19, 20-34, 35-49, 50-59, 60+

POST RACE PARTY: Race participants will be allowed inside festival grounds
21+ (3) beers. Under 21 (3) soft drinks/waters

www.plaqueminesparishfestival.com

OFFICIAL RACE SPONSOR



Name: _____ Age: _____ Sex: _____

Race Release from. I, _____ (Print Name), acknowledge that my participation in the 5K Run involves risk of injury, including bodily injury, and the same risk for the same. On my behalf and on the behalf of my heirs and legal representatives and to the fullest extent permitted by law, I hereby release and discharge Plaquemines Parish Seafood Festival and its representative directors, officers, members, agents, and representatives, of any form of liability for injury, death, or damages and/or another claims, demands, losses or damages, incurred by me in connection with any aspect of the 5K run.

Signature: _____ Date: _____

Parent: _____ Date: _____ (if under 18)