



3 MILE RUN | Friday, April 25, 2025

TIME: 4:30 PM Race day registration & packet pickup opens 5:00

PM Children Fun Run

5:30 PM Start of 5K Race - Double Loop Course

LOCATION: 333 F. Edward Hebert Blvd, Festival Grounds

ENTRY FEE: Pre registration: Check or Cash or Race Day: Cash, or Check

\$20.00 Pre-Registered by April 18th- **COMMEMORATIVE SEAFOOD TRAY TO ALL RACE FINISHERS**

\$25.00 Registered after April 18th

\$10.00 Registration For Students with School ID

Fun Run – No Fee

HOW TO REGISTER:

Online — www.raceentry.com/races/plaquemines-parish-seafood-festival-3mile/2025/register

Mail — YMCA 8101 Hwy 23, Belle Chasse, La. 70037 (post marked by April 19th)

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

Registration at YMCA on April 23 and 24 from 11 am to 5pm.

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

1st Male & Female overall receive \$50.00 cash

First and Second Place Male and Female

3 Mile 0-10, 11-19, 20-34, 35-49, 50-59, 60+

POST RACE PARTY: Race participants will be allowed inside festival grounds

www.plaqueminesparishfestival.com

OFFICIAL RACE SPONSOR



Name: _____ Age: _____ Sex: _____ Bib # _____

Race Release from. I, _____ (Print Name), acknowledge that my participation in the SK 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 3 Mile run.

Signature _____ Date: _____

Parent: _____ Date _____ (if under 18)