



**Saturday, December 30, 2017**

LOCATION: The Wellness Center 3215

Cypress St. West Monroe, LA

4 mile Walk/Run||8 mile Run||1 Mile Fun Run

| STROLLERS ARE WELCOME! |

**ENTRY FEES:**

\$30.00 ONLINE ONLY by December 5th, 2017

\$35.00 4 mile Walk/Run||8 mile Run

\$40.00 Day of Race Registration CASH ONLY!

4 mile Walk/Run||8 mile Run

\$10.00 1 Mile Kids Fun Run

- Race Tee & Bag only guaranteed if Registered by November 30th 2017
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**Race Day Schedule:**

6:45a-7:30a Late Registration/CASH ONLY

@ The Wellness Center

8:00a Sharp! Kids 1 Mile Fun Run

8:30a 4 mile Run/Walk || 8 mile Run

**Awards:**

Male & Female 1st, 2nd, & 3rd place medals

Age groups in 5-year increments:

[14 & under| 15-19 | up to 70 & over]



**RACE DAY!**

**Wellness Center Tours**



- Awards
- New Year's Lunch
- Door Prizes
- Tons of Fun w/ Friends & Family



**Send Registration To:**

The Wellness Center  
3215 Cypress St.  
West Monroe, La 71291



**FREE TOURS**

**RACE PACKET PICK-UP**  
**Friday, December 29**  
**4:00pm-7:00pm**

The Wellness Center  
3215 Cypress Street  
West Monroe, LA 71201



**Saturday, December 30, 2017**

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

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

Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

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

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

Age on day of event: \_\_\_\_\_

Male  Female

(Tees/Bags guaranteed only if Registered by November 30th)

**CIRCLE SIZE | RUN**

Youth Tee: S M L

Adult Tee: S M L XL XXL XXXL

\$25.00 Lazy Bird Fee (Non-Participant)

Race Entered: 8 Mile Run 4 Mile Run 1 Mile Kids Run

**Entry Fees:**

\$30.00 PRE-REGISTRATION ONLINE ONLY

\$35.00 4 mile Walk/Run || 8 Mile Run

\$40.00 Day of Race (cash only!)

\$10.00 1 Mile Kids Fun Run

Waiver: We the undersigned agree to release, indemnify and hold harmless Wellness Center Glenwood Mall and the Ouachita Valley Road Runners Club, their officers, directors, employees, agents and anyone working with them, for any damages, injuries or other negligence of myself, others or parties named herein, or otherwise, to the fullest extent allowed by law. We further give our permission for our quotes, pictures or videos bearing our likeness to be used for any and all legal purposes.

Signature \_\_\_\_\_

EmailAddress: \_\_\_\_\_

# THE WELLNES CENTER

Free Childcare, Indoor Pool, hot tub, steam room, private showers, Group Fitness Classes, Yoga, Smoothie Bar, Coffee Bar, Personal Training, Massage Therapist, Nutritionist, Private Aerial Yoga, Kids Pool Parties, Yoga Parties for Adults or Kids, Ladies Only Floor, & Much More!

**NOW JOIN BOTH GYMS @ ONE GREAT PRICE! \$100/monthly DUAL MEMBERSHIPS CFIP & THE WELLNESS CENTER**



Here at

## CrossFit Iron Pelican

our passion is not only for your health & fitness, but to help you surmount to any challenge life throws at you. We are a community of diverse people with different goals, all sharing the same road to getting there.


**-Join Us & Live at your Fittest!**

## CrossFit Iron Pelican

is for EVERYONE, at ANY LEVEL, with ANY GOAL!

# The Wellness Center

**JOIN TODAY!**

3215 Cypress St.   
West Monroe, La 71291  
p:318.329.9100 || f:318.388.2648  
wmwellnesscenter.com

## GUESS WHAT...?


You don't have to be a member to enjoy what the Wellness Center has to offer! All Events & Programs are available to everyone!

- Personal Training
- Kids Personal Training
- Workouts-by-the-Month
- KidsFit Camps & Events
- Kids Summer Swim Time
- Kids Pool Parties
- Swim Lessons
- Yoga Parties (Adults or Kids)
- Seasonal Fun Fitness Events



## CrossFit Iron Pelican

**JOIN TODAY!**

3201 Cypress St.   
West Monroe, La 71291  
p:318.537.9254  
CrossFitIronPelican.com



*Start Off The New Year With Us!*



**SATURDAY  
DECEMBER 30, 2017**



4 Mile Walk/Run  
8 Mile Run  
1 Mile Kids Fun Run

*Online Registration:  
ACTIVE.COM*