

**Saturday Sept. 11th 2010
8:00AM Kids 1/2 Mile Fun Run
8:30AM 5K Walk/Run**

Purpose of this race: Brookwood seeks to make an impact in the Shreveport/Bossier area by guiding everyone we meet to a life centered in Christ. "The proceeds each year go to help support a Shreveport-Bossier community ministry. In 2010 the proceeds will go to help support the ministry of the Shreveport/Bossier Rescue Mission."

Brought to you by: Brookwood Baptist Church

Special Thanks to the businesses, and organizations:

Sportspectrum, Running Dog Sportswear, steelsports.net, Extreme Missionary Adventures, www.xmaonline.com.

Date & Starting Time: Saturday Morning, Sept. 11, 2010; *1/2 Mile Fun Run starts at 8:00am and 5k run/walk starts at 8:30am.*

Course Description: Race starts and finishes at Brookwood Baptist Church at the corner of I-49 and Bert Kouns.

Early Registration : You may register by mail with **CASH OR CHECK ONLY:** "Brookwood" c/o Sportspectrum 6970 Fern Ave, Shreveport, LA 71105. All **CREDIT CARD** registration must be online @ **www.sportspectrumusa.com**. **Early registration is \$15.00 by Aug. 30th, 2010, Thereafter entry fee is \$18.00, Children 12 and under \$10, Race day \$20.00 Adult, \$10.00 12 and under.**

Packet Pick-up: You can pick up your packet early at Sportspectrum beginning Thursday, Sept 9th from noon—7pm — Friday, Sept 10th from 10am-6pm— Saturday at the race site (Brookwood) from 7:15am-8:15am

Race Packet: Every pre-registered participant will receive an official **Race T-shirt.**

Post Party: Stick Around after to hydrate and refuel.

Awards: Overall winner & runner-up, male and female, will receive trophies. 1st and 2nd place age group winners will also receive a trophy. All kids in the 1/2 mile fun run will receive a finishers medal.

Age Groups: 5K Male & Female: 16-Under,17-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65+.

Special Note: Under RRCA regulations, absolutely no baby joggers, strollers, bikes, skate devices.

Brookwood 5K	
Last Name _____	First Name _____
Circle One: (1)5K (2)Kids 1/2 Mile Fun Run	
Address _____	Division _____
City _____	State _____
YL S M L XL XXL T-shirt	ZIP _____
Gender _____	Birthdate ____/____/____
Age _____	
Email Address _____	Amount Paid _____
OFFICE USE ONLY:	Cash or Check _____
AMOUNT _____	RACE # GIVEN _____
TYPE OF PAYMENT _____	PAYMENT COLLECTED BY _____
Waiver & Release	
<p>In consideration of my being admitted to enter "Brookwood5K.com", I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, NWLRA, Brookwood Baptist Church, and all other sponsors or affiliates their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself be removed from the competition if in the opinion of Race Management that continuing would endanger my health.</p>	
Signature _____	Date _____
Parent/Guardian (if under age of 18) _____	Date _____



BROOKWOOD5K.COM | SHREVEPORT, LA

Saturday, September 11, 2010

8:00am 1/2 Mile Fun Run

8:30am 5K Run/Walk

9014 Brookwood Church Way

www.brookwood5k.com