



Natchitoches Regional Medical Center Foundation

**Saturday,
March 16th, 2019**
5K & 1 Mile Walk/Run and
The FORGE Challenge Course

TIME:

6:45am - Race Day Registration
8:00am - 1 Mile Fun Walk/Run
8:30am - The FORGE
8:45am - 5K begins

LOCATION: NSU Collins Pavilion

RACE PACKET PICK-UP: Friday, March 15th
from 2:00pm-6:00pm at NRMCM Legacy Room
(Keyser Avenue Entrance)

AWARDS: 5K & The FORGE Events (Immediately following race 10:30am) 1 Mile (8:20am)

CONTACT: Email Sue Ann Taylor at SueAnn.Taylor@nrmchospital.org
or call 318.214.4496

PAPER REGISTRATION: Mail/drop off completed forms with payment to
NRMCM Human Resources, 111 East Fifth Street,
Natchitoches, LA 71457

ONLINE REGISTRATION: www.SteelMagnoliaRun.com

MAKE CHECKS PAYABLE TO: NRMCM Foundation

Music, food & fun for everyone, armadillo cake anyone?

**Chip Timing for
5K & The FORGE By
SPORTSPECTRUM**

ENTRY FEES:	Pre-Registration*	Day of Registration
1 Mile Walk/Run	\$20	\$25
5K Walk/Run	\$30	\$35
The FORGE Challenge Course**	\$35	\$40
Virtual Runner***	\$20	\$20

**The FORGE Challenge Course is an option for those looking for some exciting challenges along the race. This will include detours with endurance challenges and other obstacles. The distance is approximately 4 miles. Are you as strong as steel?

***Virtual Runner is an option for those who would like to donate to the Foundation and receive a race shirt but do not wish to walk/run.

*Pre-registration entry fees include a race t-shirt and goodie bag (guaranteed ONLY if registered by March 1, 2019.)

Proceeds of the race will go to NRMCM Foundation for our Breast Health Center and 3D Mammography. NRMCM Foundation will also be donating a portion of proceeds to the Louisiana Lions Camp.

NRMCM Foundation Steel Magnolia 5K & 1 Mile Walk/Run & The FORGE Registration

(Each participant will need a separate registration form)

Event: 1 Mile 5K The FORGE Virtual

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____ Email: _____

Gender: Male Female Age on 3/16/19: _____

T-Shirt Size: Adult Sizes: S M L XL XXL (Add \$2) XXXL (Add \$2)
Kid Sizes: YS YM YL

(Shirts and goodie bags will only be guaranteed for preregistered participants; Register by March 1, 2019)

WAIVER: In submitting this entry, I intend to be legally bound for myself and the registrants listed above, my/our heirs, executors and administrators, and I do hereby waive, release, and forever discharge NRMCM Foundation, Northwestern State University, the City of Natchitoches, and all event sponsors, volunteers, and their directors, agents, successors and/or assigns for any and all injuries suffered by me/us at this event, while traveling to and from the event or while participating in the event. I understand that I/we may be photographed and agree to allow my/our photos or film likeness to be used for any legitimate purpose by the aforementioned parties.

Signature: _____ Date: _____

Guardian Signature: _____
(Required for participants under 18 years old)

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FOUNDATION