



A trail run for Holden Giroir. Together we can help little Holden as he battles a very rare form of cancer.

100% of proceeds will assist the family of Holden Giroir as he bravely battles Paraspinal Rhabdoid Sarcoma, a very rare form of cancer. Holden is currently being treated at St. Jude in TN and his family has made countless sacrifices to be by his side every step of the way. His parents, Bradley and Alisha, are so grateful for the enormous amount of community support.

WHEN? Friday, July 13, 2017 ~ 7 PM Start
(Registration starts at 6PM)

WHERE? Southdown Trails off of Valhi Rd.
(south of Hollywood Rd)

HOW MUCH? Only \$10 per race entry

WHAT? 2-Mile trail run on grassy trails

This is a **no frills race** with the #1 purpose to raise funds to assist a member of our community.

Drinks and refreshments will be provided after the race with a **small cash prize** for the top 2 Male and the top 2 Female finishers.

Please consider coming out to this great charitable event and experience a cool (not literally) off-road 2-mile race.



Cooper Life Fund is a nonprofit created to help families of children born with serious medical conditions while promoting a healthy lifestyle through exercise and physical fitness. John and Ashley Fontenot founded the nonprofit after their son Cooper Fontenot was born with a Congenital Heart Defect in 2004 and underwent successful open-heart surgery.

www.cooperlifefund.org

STRONG HEART

TRAIL TROT

2 Mile Trail Run - July 13, 2018

DONATION FORM – Please Print Clearly

Donation Form May Be Mailed

All Contributions Are 100% Tax Deductible.

Name: _____

Address: _____

City, State, Zip: _____

Number: _____

E-Mail: _____

Enclosed is my monetary tax deductible contribution:

\$ _____

Make contribution payable to and mailed to:

**Cooper Life Fund
c/o Strong Heart Trail Trot
276 Riverwood Drive
Houma, LA 70360**



For more info contact:

***John Fontenot: 985-258-5751**

***Steve Morgan: 985-232-7753**

ENTRY FORM – Bring with you on race day

****RACE DAY REGISTER ONLY** (Do Not Mail)**

Complete and bring with you on Race Day.
Additional registration forms will be available
on site beginning at 6 PM

Name: _____

Phone: _____

E-Mail: _____

I am making an additional contribution of \$ _____

Total Amount Enclosed \$ _____

In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Cooper Life Fund, Split Second, LLC, Terrebonne Parish Consolidated Government & their employees, any race officials, associated sponsors, their representatives, successors, and assigns for any injuries suffered by me in said event. I attest and verify that I will participate in this event as a foot race entrant, and that I am physically prepared to run, jog or walk this event.

Signature (parent if under 18): _____

Date: _____

Thank you for your participation!

**Very special thanks to our
presenting sponsors:**

Houma Family Dental

**Dr. Stephen Morgan
219 Grinage Street in Houma
985-868-5699**

Split Second, LLC

**Cory and Katie Bourg
www.splitsecondllc.com**

Twisted Fitness

www.mytwistedfitness.com