



A trail run for Brooklyn Verdin. Let's help this amazing little girl who has overcome all the odds and still has a long way to go.

100% of proceeds will assist Brooklyn Verdin who was born with a developmental birth defect called Schizencephaly along with a condition called Aplasia Cutis Congenita. She was on life support her first few months and was not expected to live a very long life - and was placed on hospice care. Today she has beat all the odds at the age of 16 years old. She still has a long journey ahead with multiple brain surgeries required. Together we can help Brooklyn and her family.

**WHEN? Friday, May 15, 2026 ~ 6:30 PM Start**  
(Registration starts at 5:30PM)

**WHERE? Southdown Trails off of Valhi Blvd.**  
(853 Valhi Blvd —south of Hollywood Rd)

**HOW MUCH? Only \$15 per race entry**

**WHAT? 2-Mile (or so) Trail Run**

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 off-road 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 non-profit after their son Cooper Fontenot was born with a Congenital Heart Defect in 2004 and underwent successful open-heart surgery.  
[www.cooperlifefund.org](http://www.cooperlifefund.org)

# STRONG HEART

## TRAIL TROT

2 Mile Trail Run - May 15, 2026

**DONATION FORM – Please Print Clearly**

**Donation Form May Be Mailed or Given on Race Day**

**All Contributions Are 100% Tax Deductible.**

**Name:**

\_\_\_\_\_

**Phone Number:**

\_\_\_\_\_

**E-Mail (Optional):**

\_\_\_\_\_

**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**



**PayPal Link**

**For more info contact:**

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

**ENTRY FORM – Bring with you on race day**

**\*\*RACE DAY REGISTER ONLY\*\***

**(Do Not Mail)**

Complete and bring with you on Race Day. (5/15/26)  
Additional registration forms will be available  
on site beginning at 5:30 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, Rec 2/3, 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](http://www.splitsecondllc.com)**