

# TULSA INDIAN CLUB PRESENTS



# Day-Ohn-Day 5K Run & Walk

Saturday May 22, 2010 \* 8:00am  
21st & Riverside, Tulsa, OK

**2nd annual Chief's Challenge!  
Award given to tribal leader who  
participates & promotes a healthy  
lifestyle. Details on our website.**

Fun Run / Walk begins at same time as 5K

### COURSE:

**Out & back on Riverside drive,  
starting at 21st Street**

**Pre-registration:** Runner's World  
4329 S. Peoria Tulsa, OK (May 17th thru 21st)  
Or mail to: 7715 E 25 PL, Tulsa, OK 74129  
\$18 with shirt \* \$15 without shirt \* Race day \$20  
Registration begins on race day at 6:30 am.

USATF Certified & Sanctioned Course  
Awards 3 deep in standard age brackets;  
Team Award; Top Three Male & Female Award  
in 1 mile Fun Run / Walk &  
Clydesdale and Filly Div.

### \$2.00 DISCOUNT FOR TULSA RUNNING CLUB MEMBERS

**MORE INFORMATION:** www.tulsapowwow.org \* tici@tulsapowwow.org \* Rob Anquoe (918) 671-2417

### Proceeds benefit the 58th Annual Tulsa Pow Wow

Timing by Glen's Road Race

NAME: \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ DOB: \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ TEAM NAME \_\_\_\_\_ TULSA RUNNING CLUB MEMBER (\$2.00 Discount) \_\_\_\_\_ YES \_\_\_\_\_ NO

CHIEF'S CHALLENGE PARTICIPANT?  YES  NO IF YES, CHALLENGE TEAM NAME \_\_\_\_\_

5K  1 Mile 5 km Clydesdale (Male >170 lbs) Wt. \_\_\_\_\_ 5 km Filly (Female >145 lbs) Wt. \_\_\_\_\_

SHIRT SIZE  S  M  L  XL AMOUNT ENCLOSED \_\_\_\_\_ (MAKE CHECKS PAYABLE TO: TULSA INDIAN CLUB INC.)  
(ALL DONATIONS ARE TAX DEDUCTIBLE)

#### Waiver and Release

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back into the course after finishing. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for person injury or property damage of any kind or nature whatsoever arise out of or in the source of, my participating in this event, and/or my travel to/from the event, whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_ (If under 18 years of age)