



Family Promise of Shawnee

5k Road Race & Kids' Fun Run

Sunday, May 2, 2010

To benefit homeless families with children and pregnant women

Location: Woodland Park in Shawnee, OK. at the corner of Broadway Ave. & Highland. This event is chip timed and sanctioned by the USAT&F. The 5k course is certified.

Start Times:

2:00 p.m. 5 km Race (\$20)
2:40 p.m. Kids under 12 Races (free)

Day of race registration time: 1:00 p.m. - 1:45 p.m. \$20 entry fee
***First 100 5K run entrants receive a free t-shirt.**
Additional t-shirts will be available for purchase at the event.

Kids Under 12 Races (free!)

Ages 10-11 Boys & Girls – 400 Meters
Ages 6 -9 Boys & Girls – 200 meters
Ages 5 & under Boys & Girls – 50 meters

★ FOOD ★ FUN ★ INFLATABLES ★ AWARDS

PERSONAL INFORMATION:

FIRST NAME: _____ LAST NAME: _____ GENDER: M F

AGE ON RACE DAY: _____ DOB: ___/___/___ EMAIL ADDRESS: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL: _____ SHIRT SIZE: S M L XL

Waiver:
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 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 onto 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 death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waver 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, videotapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

SIGNED _____ DATE _____

Mailed entry forms must be received before Wednesday, April 28, 2010, otherwise, register on day of race

Family Promise of Shawnee
P.O. Box 3044
Shawnee, Ok. 74802 – 3044

For race questions: 405-823-1104 (Meredith)
Website: www.familypromiseshawnee.org