

When: Saturday, September 23, 2017

Race Time: 8:45 am

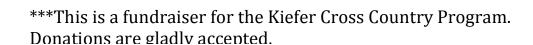
Where: Kiefer Track, 4600 West 151st

Street South, Kiefer, OK

What: Dress up as your favorite Superhero and run a 5 Km

Who: Anyone!

How Much: \$60/school (This means you can enter HS, JH, and Elementary all for \$60.) Individuals are \$5 each.



## **Additional Information**

\*\*\*\*Dress up as your favorite Superhero!\*\*\*\*

Everyone races at the same time. JH and HS will be separated at the finish line into 2 chutes.

This race is open to any age person. The medals and trophies are reserved for cross country runners.

Top 10 boys and girls in High School (9<sup>th</sup> -12<sup>th</sup> grade), Jr. High (7<sup>th</sup>-8<sup>th</sup> grade), and Elementary (6<sup>th</sup> grade and below) will receive medals.

Top Cross Country Boy and Girl winner overall will receive trophy.

Top 5 overall adults will receive medals (5 men and 5 women)

Half of the race will be on grass and half will be on the road. Spikes are not suitable for this race. Racing flats are good to use.

\* COACHES: CROSS COUNTRY RUNNERS SIGN UP THROUGH ENDURO, PLEASE GO TO www.endurousa.com TO ENTER YOUR TEAM(S).

INDIVIDUALS, PLEASE SIGN UP USING THIS LINK:

https://www.webscorer.com/register?pid=1&raceid=108826

\*\*\*Entry turned in by Thursday, September 21st, please.

This does not count as an OSSAA meet.

Why are we doing this?

We needed a race for this date. We thought this would be fun! If you are also looking for a meet on this date, please join us in some fun!

\*\*\*\*If you have questions, please contact Cheyenne Castillo at <a href="mailto:ccastillo@kiefer.k12.ok.us">ccastillo@kiefer.k12.ok.us</a> or 918-504-0356 (cell).