

22nd ANNUAL 5K Road Race & 5K Relay State Championship **REGISTRATION FORM**

Five person relay team - Each member runs 1km - Male, Female & Co-ed teams (co-ed 3 & 2 males or females)

> Saturday, July 1, 2017 7:30 A.M. Start Race day registration begins @ 6:30 A.M. **Location: Southside of Purcell Lake**

Fee: \$18 for pre-race registration w/t-shirt to 1st 100 runners; \$20.00 on race day. \$40 per five person team (non-corporate); \$20 for age 12 & under Mail registration to:

Heart of Oklahoma Lake Run, -P.O. Box 511 - Purcell, OK 73080 Proceeds of run will benefit the Purcell High School Track and Cross Country Teams

Team name if member of Relay Team						
Name		Age on Race Day	DOB	Sex		
Address	City	State	ZIP			
Day Phone	Night P	Night Phone		Shirt size S M L XL XXI		

Amount of Fee Enclosed: \$18 with T-shirt prior to race day. (Make check payable to Purcell Lake Run)

Waiver.. I know that running a road race is a potentially hazardous activity. I should not enter if I am not medically able and properly trained. I 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. I agree not to go back onto the course after finishing. 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 participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. 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. The undersigned also grants permission to sponsors to use any photos, videos, etc. for any purpose.

ned	(Waiver must be signed to participate.

22nd ANNUAL 5K Relay State Championship RELAY TEAM REGISTRATION FORM

Five person relay team - Each member runs 1km - Male, Female & Co-ed teams (co-ed 3 & 2 males or females)

Saturday, July 1, 2017 7:30 A.M. Start
Race day registration begins @ 6:30 A.M.
Location: Southside of Purcell Lake
\$40 per five person team (non-corporate)
(\$100 per five person corporate team)
\$20 per five person under age 12 teams
Mail registration to:

Heart of Oklahoma Lake Run, -P.O. Box 511 - Purcell, OK 73080 Proceeds of run will benefit the Purcell High School Track and Cross Country Teams

Team name if member of Relay Team

Name	Age on Race Day	DOB	Sex
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Waiver I know that running a road race is a potentiable and properly trained. I assume any and all oth limited to falls, contact with other participants, the risks being known and appreciated by me. I agree myself, my heirs, executors, administrators, or anywaive and release and discharge any and all race spancluding any and all of their agents, employees, as claims or liability for death, personal injury or proper the course of, my participation in this event. The nature whatsoever, foreseen or unforeseen, known race numbers with anyone or allow anyone other the The undersigned also grants permission to sponsors.	ter risks associated with running effects of the weather and the mot to go back onto the course one else who might claim on no consors, race officials, volunted signs or anyone acting for or coverty damage of any kind or natis release and waiver extends to unknown. I am fully aware than myself to wear my race number of the model of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the man myself to wear my race number of the my race number of	og this event include conditions of the rafter finishing. I my behalf, covenariers, local and state on their behalf from ture whatsoever at all claims of event that it is a fraudumber and I agree in	ding, but not roads, all such hereby for at not to sue, and e police many and all rising out of, or ery kind or lent act to switch not to do this.
Signed	(Wa	aiver must be signed to p	participate.)

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