



**24th 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, June 29, 2019 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 Phone _____ Shirt size S M L XL XXL

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.

Signed _____ (Waiver must be signed to participate.)

24th 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, June 29, 2019 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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