

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 R	elay Team				
Name		Age on Race Day	DOB	Sex	
Address	City	State	ZIP		
Day Phone	Night Pho	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.

Signed	Waiver must be sig	med to r	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
Name	Age on Race Day	DOB	Sex
Name	Age on Race Day	DOB	Sex
Name	Age on Race Day	DOB	Sex
Name	Age on Race Day	DOB	Sex
Waiver I know that running a road race is a potentially able and properly trained. I assume any and all other ristimited to falls, contact with other participants, the effectisks being known and appreciated by me. I agree not to myself, my heirs, executors, administrators, or anyone evaive and release and discharge any and all race sponsor including any and all of their agents, employees, assigns claims or liability for death, personal injury or property in the course of, my participation in this event. This release numbers with anyone or allow anyone other than make undersigned also grants permission to sponsors to undersigned also gra	sks associated with running the streets of the weather and the cogo back onto the course else who might claim on nors, race officials, volunted sor anyone acting for or a damage of any kind or na ease and waiver extends the aknown. I am fully aware myself to wear my race numbers	ng this event include conditions of the reafter finishing. If my behalf, covenariers, local and states on their behalf from ture whatsoever at all claims of every that it is a fraudumber and I agree in	ding, but not roads, all such hereby for at not to sue, and e police and all rising out of, or ery kind or lent act to switch not to do this.
Signed	(W	aiver must be signed to p	participate.)

Signed _____(Waiver must be signed to participate.)

Signed (Waiver must be signed to participate.)

Signed _____(Waiver must be signed to participate.)

_(Waiver must be signed to participate.)