

“A-OK” 50K/25K

**SUNDAY MARCH 7, 2010 8:00 AM
(7:00 AM Start for Slow Runners)**

**ENTRY FORM & USATF/OKLAHOMA RELEASE & WAIVER **

NOTICE: THIS ENTRY AND RELEASE FORM IS A CONTRACT WITH LEGAL CONSEQUENCES. READ IT CAREFULLY BEFORE SIGNING.

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 assume the risk of encountering wildfires as well as risks associated with running on primitive roads and trails. I assume all other risks associated with running this event including, but not limited to, falls, effects of the weather, and conditions of the road. 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 the USATF/Oklahoma/LDR, race officials, volunteers, and local landowners from any and all claims or liability for death, personal injury or property damage of any kind whatsoever arising out of, or in the course of, my participating in this event. This includes Mary Ann Miller, Mike Evans, Ron Evans, Mike Miller, Lonnie Farmer Jr., Odessa Farmer and all other persons associated with this event. This release and waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown.

SIGNATURE _____ NAME(Print) _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
HOME PHONE (_____) _____ AGE RACE DAY _____ SEX _____
ENTERING THE 50K _____ OR 25K _____ CAMPING _____
PRE-RACE PASTA _____ POST RACE CHILI _____ NO. IN FAMILY _____
7:00 AM START FOR SLOW RUNNERS _____ E-MAIL _____
MARATHON OR “ULTRA” BEST WITHIN PAST YEAR _____

VOLUNTEER?

_____ Aid Station Server (3); will pay \$10
_____ Finish Line Monitor (1-2); will pay \$10
_____ Setup Saturday
_____ Cleanup Sunday
_____ Take Runners' Pictures