

RunnersWorld Tulsa & Oklahoma Scottish Festival Proudly Present

LadiesFirst! 5K

Saturday, September 18th, 2010

Benefits the Tyler Hudson Sunshine Foundation

5K race starts at 5:45PM at River- Parks West Amphitheater

Fun Run starts at 5:00PM

Adults pre-registered \$30 with a shirt or skirt, \$20 without. \$5 late fee for race day registration.

Runners 12 & under free. (Shirt or skirt not included) \$30 with shirt or skirt. \$5 late fee for race day registration.

Shirts and skirts are limited

Walk in registration & pre-registered packet pickup: RunnersWorld Tulsa 4329 S. Peoria

From September 11 thru 17 between 10 am and 6 pm. Make checks payable to: Ladies First 5K

Mail in registration send to: RunnersWorld Tulsa 4329 S. Peoria, Tulsa OK 74105

Online registration at: www.tatur.org/ladiesfirst.html

For more info: sager_kathy@yahoo.com or call 918-749-7557

Race day registration & Packet pick-up: Starting at 4:00PM- At River Parks West Amphitheater.

Name _____ M / F Age ____ DOB ____ / ____ / ____

Email _____

Address _____ City _____ State _____ Zip _____

Cell # ____ - ____ - ____ Home # ____ - ____ - ____ Clydesdale(170+)/Philly (145+) Wt. _____

Circle: Tee/skirt Size XS S M L XL XXL Race Entered 5k ____ 1 Mile ____ Total \$ ____.

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 know that although police protection will be provided, there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also 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, including high heat and or humidity, and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am fully aware that pushing, pulling, dragging, wearing, carrying or leading any thing or anyone is strictly prohibited. This includes strollers, joggers, pushed wheelchairs, roller blades, skate boards, wheels of any kind (except competitive wheelchairs), animals, flags and head phones, I agree not to have them on the course. I am fully aware that it is a fraudulent act to buy, sell, switch or in any way wear someone else's number or allow anyone to wear my number. Furthermore, I agree not to go back onto the course after finishing the race or relay leg and I agree not to cross the finish in a relay unless I am running the final leg. Furthermore I agree not to hold hands, embrace or touch other participants or connect two or more runners (i.e. centipedes). I am also aware that this waiver applies to races and fun runs. 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 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 participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

Signature _____ Date _____



Ladies get a three minute head start from the men in the 5k. This makes it a great equalizer event. Men have to chase down the women and the top 5 overall winners, regardless of gender, get a cash prize. Plus standard five year age group awards for men and women

Top five overall cash prizes!
First \$400, Second \$300, third \$200
Fourth \$100, Fifth \$50

Ladies get running skirts and men get tech shirts with their entry.

Join us for the kilted one mile fun run.
Wear your Scottish plaid. And stay for the after party.!!

