

Mud, Sweat & Tears Sprint Adventure Race



What: 3-5 Hour Sprint Adventure Race (Teams of 2 will run, mountain bike & canoe through a marked course around Tulsa via the Mountain & River trails.)

When: Sunday, October 4th 2009 – 8:00 am

Where: Tulsa's Westside YMCA (5400 S. Olympia Ave.)

How: Teams of Coed, Female, or Male will follow a marked course that will be announced on race day.

Registration Closes September 30th!!

Team Name: _____

Team Type: (circle one) Coed Female Male

1st Member: First Name: _____ Last: _____

Gender: (circle one) M / F

Address: _____ City: _____ St: _____ Zip: _____

Email: _____ Phone: (____) _____ - _____

Shirt Size: (circle one) XS S M L XL XXL

2nd Member: First Name: _____ Last: _____

Gender: (circle one) M / F

Address: _____ City: _____ St: _____ Zip: _____

Email: _____ Phone: (____) _____ - _____

Shirt Size: (circle one) XS S M L XL XXL

How did you hear about this race? _____

Is this your first Adventure Race? (circle one) Yes No

Registration Process

- 1) You can sign up online at: https://secure.getmeregistered.com/get_information.php?event_id=2585
- 2) Mail in entry form and payment to Runners World (Mail no later than Sept. 28th.)
- 3) Drop off entry form and payment at Runners World
Runners World Tulsa - 4329 S. Peoria Tulsa, OK 74105

Race Fee's: Make Check Payable to: TATUR

Registration per Team: \$120 \$ _____

Donation to Tulsa Area Trail Maintenance (Tax Deductible) +\$ _____

Subtract \$5 for Current TATUR Members -\$ _____

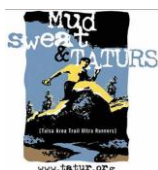
Total Amount Due: \$ _____

I know that running any adventure race is a potentially hazardous activity that could cause injury or death. I should not enter unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with any activity in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and trail, encounters with wild or domestic animals, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race directors and workers, Tulsa Area Trail & Ultra Runners, Tulsa County, City of Tulsa, or any facilities associated with the TATUR Mud Sweat and Tears, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arrive out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to race manager to use any photographs, recordings, or other records of my participation in this event for any legitimate purpose. I also understand that the race director has the right to refuse any entry, and that my registration fee is non-refundable. Shirt sizes or availability not guaranteed.

Signature #1: _____ Print Name: _____ Date: _____

Signature #2: _____ Print Name: _____ Date: _____

**Bicycles of
Tulsa**



YMCA OF GREATER TULSA

