

MODERATE DIFFICULTY

# TOE STUMPIN' TRAIL RUN



5 Mile Trail Run  
10 Mile Trail Run (New for 2007)  
1 Mile Fun Run

Entry Fees:  
\$17.00 Pre-registered; \$20.00 Race Day  
Pre-registration at Fleet Feet Sports Tulsa  
beginning February 19, 2007

February 24, 2007

9:00 am

Register online at: [www.runtulsa.com](http://www.runtulsa.com)

Location: 1/2 mile south of  
Keystone Lake Dam on Highway 151,  
between US-64 and SH-51;  
follow signs to parking area.

Keystone  
State Park  
Sponsored by:  
**FLEET FEET**  
Sports  
Tulsa



Call for info:  
918-492-3338

hot oatmeal served after the event!

## ABOUT THE EVENT:

Fleet Feet Sports of Tulsa is pleased to present this unique event featuring a 5 or 10 mile trail run through wooded trails of moderate difficulty.

A 5 mile trail run, a 10 mile run (**NEW FOR 2007**), and a 2 mile "beginners" trail run are included. All three events will be timed!

All participants are welcome to join in a post-race oatmeal feed following the event!

## RACE REGISTRATION:

5 and 10 Mile Trail Runs:  
\$17.00 Pre-registered runners/walkers  
\$15.00 Pre-register online at [www.runtulsa.com](http://www.runtulsa.com)  
\$20.00 Race Day Registration

2 Mile Trail Run:  
\$10.00 Pre-registered and online  
\$15.00 Race day

Pre-registration at Fleet Feet Tulsa beginning Feb. 19, 2007 during normal business hours

Make checks payable to Fleet Feet Sports Tulsa.

## QUESTIONS?

Contact Fleet Feet by calling 918-492-3338.

Mail entries to:  
Fleet Feet Sports  
6022 South Yale Ave.  
Tulsa, OK 74135-7412

## T-SHIRTS AND AWARDS:

A free Toe Stumpin' Trail Run long sleeve t-shirt will be provided to each registered runner.

Awards to overall and age group winners, both events.

## Start Times:

All Races: 9:00 am

## LOCATION AND TIME:

The race will be held in Keystone State Park on new running and mountain biking trails developed by the Oklahoma Earthbike Fellowship. Both the 5 and 10 mile races and the two mile beginners race will begin at 9:00 a.m. The race begins in a parking area 1/2 mile south of Keystone Lake Dam on Hwy 151 between US 64 and State Hwy 51. Look for signs directing you to the parking area.

## Saturday, February 24, 2007

Official use only:

2007 TOE STUMPIN' TRAIL RUN - Please Print Entry Information Below:

Event (check one):  10 Mile Run  5 Mile Run  2 Mile Run

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ DOB \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

ChampionChip # (if you own you own Chip) \_\_\_\_\_

Phone \_\_\_\_\_ T-shirt size (circle one) S M L XL XXL

Email Address \_\_\_\_\_

Waiver: 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 risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that baby strollers and wheels of any kind (except competitive wheelchairs) animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore I agree not to go back into the course after finishing. 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 permission to sponsors and/or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. **Minors accepted only with parent or guardian's signature.** No refunds. No makeup rain date. Lost ChampionChip will be charged to participant. Shirt size not guaranteed.

Signed \_\_\_\_\_ (waiver must be signed to participate)