

Saturday, January 30, 2010



All proceeds benefit the Tulsa Running Club and the Tulsa SPCA Jog The Dogs Program

LOCATION AND TIME:

The race will be held at Mohawk Park in Tulsa. Mohawk Park is located off 36th Street North near the north edge of Tulsa International Airport. Exit Hwy 69 at 46th Street North and travel west on 46th Street N (turns into 36th Street N) until you reach the Tulsa Zoo and Mohawk Park entrance. Proceed north into the park to the large parking areas near the Tulsa Zoo. Registration will take place near Shelter #3, which is just north of the playground and splash pad. The 10 km course consists of one loop in Mohawk Park; the 20km will consist of two loops, and the 30km will be three loops. Perfectly flat course and scenic and wooded.

QUESTIONS?

Contact Tulsa Running Club by calling 918-631-1085. Mail entries to: Tulsa Running Club, P. O. Box 931, Broken Arrow, OK 74013

ABOUT THE EVENT:

The Tulsa Running Club and Fleet Feet Sports of Tulsa are pleased to present longer races this winter! All three events will be electronically timed and will start at the same time (9:00 am). Each entrant will receive a long sleeve technical entry shirt. Dog Jog will not be timed, discounted fees will not be offered and awards will not be presented for this event.

RACE DISTANCES:

Dog Jog (approx. 3 mi.)
10 km
20 km
30 km
All races start together at 9:00 am (Dog Jog at 8:45)

RACE REGISTRATION:

\$22.00* Online at www.tulsarunningclub.com or www.fleetfeettulsa.com.
\$25.00* Pre-Registered mail-in or in person
\$30.00 Race Day
\$10.00 Dog Jog

Pre-registration at Fleet Feet Tulsa beginning Jan. 25, 2010 during normal business hours

- TRC Members and Fleet Feet Spring Training Participants can receive a \$5.00 discount— early registration only.

Make checks payable to Tulsa Running Club

AWARDS:

10 km: Overall, 1-12, 13-15, 16-19, 20-24, ..., 65-69, 70—up
20 km: Overall, 13-15, 16-19, 20-29, ..., 60-69, 70-up +top 3 racewalkers.
30 km: Overall, 13-15, 16-19, 20-29, ..., 60-69, 70-up.

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Official use only: []

2010 TRC Winter Classic - Please Print Entry Information Below:

Event (check one): [] 10 km [] 20 km [] 20 km racewalker [] 30 km [] Dog Jog

Name _____ Age on Race Day _____ DOB _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ Tech shirt size (unisex, circle one) XS S M L XL XXL

Email Address _____ TRC or Fleet Feet Code: [] (N/A on Dog Jog)

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 Timing Device charged to participant. Shirt size not guaranteed.

Signed _____ (waiver must be signed to participate)