

7th ANNUAL SPRING FLING FOR A CAUSE

5K Run and 1 Mile Fun Run

Saturday, March 26th, 2016 in Downtown Ft Gibson, OK

Start time 7:30 am

Sponsored by Ft. Gibson Special Olympics in Cooperation with
Ft. Gibson Chamber of Commerce

COURSE AND AWARDS: The road race is open to runners of all ages and athletic abilities. The course is certified by USATF Oklahoma and is mostly flat. Medals will be given to the 3 overall male and female finishers and the to 3 male and female finishers in the following age groups: 8 & under, 9-12, 13-15, 16-19, then each 5-year group, ending with 70+. In the 1 Mile Fun Run, medals will be given to the first 3 male and female finishers. Timing service provided by I:40 Race Service.

FEES AND REGISTRATION: Entry fee is \$20, which guarantees a T-shirt, water, fruit and snacks. Entry fee for Groups, Teams, and Clubs is \$15 (min. of 6 members). There is no late registration penalty; however, pre-registration is required for t-shirts. You can preregister by mail to: Ft. Gibson Special Olympics, PO Box 33, Ft. Gibson, OK 74434 by March 19th, 2016 or you may register at the day of the race (t-shirts may not be available for late enrollees.). Make checks payable to: Fort Gibson Special Olympics. Contacts: Melody Stacey-918-348-5431 or Lisa Walkingstick-918-869-0473.

DIRECTION TO FT. GIBSON: From Tulsa take Muskogee Turnpike, exit Hwy 62 East, to Ft Gibson and Tahlequah turn North on Hwy 82 (at stoplight), then proceed to next stop light. Turn left and proceed approximately 2 blocks past Post Office and railroad tracks. From Tahlequah turn right at stop light on Hwy 62 & Hwy 82 drive about 2 miles to downtown Ft. Gibson.

REGISTRATION FORM/WAIVER

Name _____ PHONE _____

ADDRESS _____ CITY & STATE _____

EMAIL _____ AGE _____

MALE ___ FEMALE ___ (CHECK ONE) 5K RUN ___ 1 MILE FUN RUN ___

T-SHIRT SIZE: (circle one) **Youth:** S M L **Adult:** S M L XL XXL 3XL

Entry fee: \$20 _____ per person (includes t-shirt, water, fruit, snack)

\$15 ___ for clubs/teams, Team Name _____ # Members _____

(6 member minimum for club or team membership/entry)

RELEASE FORM - READ CAREFULLY: I know that running a road race is potentially hazardous. I should not enter unless I am medically able and properly trained. I assume all risks of running where the possibility of traffic is present. I am fully aware that baby strollers, pushed wheel chairs, animals, headphones and baby logger are strictly prohibited. Furthermore, I agree not to go back on the course after I finish the race and give my number, or switch my number with another or run under a false name and that all of this is considered a fraudulent act. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs executors and administrator or anyone else on my behalf agree not to sue and unconditionally waive and release and discharge the USATF/LDR, city and state police, race officials, volunteers and any and all sponsors or anyone acting on their behalf from all claims and liability for death, personal injury or property damage of any kind or nature arising out of in the course of my participating in this event whether same by caused by negligence or fault. This release and waiver extends to all claims of every kin or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsor and use photographs, videos or other recordings of this event for any purpose. Applicants for minors must have a parent or guardian's signature. Waiver must be signed by participant. **NOTE AGE IS YOUR AGE ON RACE DAY.**

SIGNED _____ DATE _____