



# Ghost Runners 5K

Sunday October 24, 2010 2PM

Stars and Stripes Park Lake Hefner, OKC, OK

1st, 2nd, 3rd Overall Individual Male and Female

1st, 2nd, 3rd Male and Female running with a dog

Standard Age Division Awards

Early Registration Fee \$25

Race Day Registration \$30 Noon-1:30 PM at Pavilion

Make checks payable to: Heartland Weimaraner Rescue

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex M / F

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Running with dog Y / N Breed \_\_\_\_\_ Only one dog per runner will be allowed on course

Shirt Size S / M / L / XL (Shirts limited by availability for race day registration) Owner Chip Code \_\_\_\_\_

**NOTICE:**  
THIS ENTRY FORM AND RELEASE FORM IS A CONTRACT WITH LEGAL CONSEQUENCES. READ IT CAREFULLY BEFORE SIGNING.

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 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, 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 baby strollers, baby joggers, pushed wheelchairs and dogs may be on the course. Furthermore, I agree to run with no more than one dog, on a leash 6' or shorter. No extendable leashes, dogs in heat or aggressive dogs will be allowed on course. Furthermore, I agree not to go back on the course after finishing. I am fully aware that allowing someone else to wear my race number, switching race numbers or running under a false name is a fraudulent act and I agree not to do this. 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 unconditionally waive and release and discharge the USATF, Heartland Weimaraner Rescue, The City of Oklahoma City, DG Productions, race officials, volunteers and 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, video tapes, motion pictures, recordings or any other record of this event for any purpose. Applications for minors will be accepted only with a parent or guardian's signature.

Signed \_\_\_\_\_ (Waiver must be signed to participate. No Refunds.)

Race will be held rain or shine, no refunds will be issued. All proceeds benefit Heartland Weimaraner Rescue, a 501(c)(3) licensed rescue group consisting of volunteers who cover the states of Missouri, Kansas, Iowa, Nebraska and Oklahoma. This is a USATF sanctioned event on 5K course number OK03021BB.

For more information: Traci Steelman 405 306-4603 chef\_tracisteelman@sbcglobal.net

Pre-register by mail: Heartland Weim Rescue 316 S. Brookview Lane Mustang, OK 73064