

Get Fit Tulsa...

3rd Annual 5K Race

Bringing healthy lifestyles and fitness awareness to the Tulsa community.....

SATURDAY, APRIL 12, 2008



www.getfittulsa.com

Fun Run 8:10 A.M. 5K 8:30 A.M.
 Proceeds benefit Tulsa Public Schools (TPS)
 Physical Education Programs

Start Location: University of Tulsa
 (11th and Harvard)

Entry Fee: \$25 with T-shirt or \$20 without T-shirt
 Runners 14 and under: Free entry includes T-shirt. Sign up early—Limited Shirts. Shirt size not guaranteed.

School Team Registrations Due: April 1.
Registration: April 7th—11th at RunnersWorld
 Race Day Registration begins at 7:30 A.M.

NEW! Become a running mentor!
 Sign up at www.getfittulsa.com to help a child learn the benefits of getting fit.

OFFICIAL ENTRY FORM

NAME	<hr/>		<hr/>
SCHOOL	<hr/>	<input type="checkbox"/> FEMALE	<input type="checkbox"/> MALE
ADDRESS	<hr/>		AGE <hr/>
CITY	STATE	ZIP	DOB <hr/>
PHONE	<hr/>		
<u>T-SHIRT SIZES</u>	<u>RACE</u>	<u>ENTRY FEES</u>	
Youth M <hr/>	1 Mile Fun Run <hr/>	With T-Shirt	\$25.00
Adult S <hr/>	5K Run <hr/>	Without T-Shirt	\$20.00
Adult M <hr/>	5K Racewalk <hr/>	14 & Under	Free
Adult L <hr/>		with T-shirt	
Adult XL <hr/>		Donation	<hr/>
Adult XXL <hr/>		TOTAL	<hr/>

Consent: In consideration of Get Fit Tulsa (GFT) permitting (me/my child) _____ (who is under 18) to participate in the Get Fit Tulsa Run, I hereby and for (me/my child) heirs, executors, administrators, assigns and all legal guardians, **WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS OF ANY FUTURE FOUNDED IN WHOLE OR IN PART UPON ANY TIME OF NEGLIGENCE, THAT (I/my child) may have against GFT & TPS, its directors, officers, employees, agents, assignees, volunteers and cooperating entities, their representatives, heirs, executors, administrators, successors, and assigns (the released parties) arising out of or resulting from any and all injuries or damages of any nature including death, which (I/my child) may suffer while taking part in this event or any activities connected with the event. I UNDERSTAND THAT THIS MEANS THAT I AGREE NOT TO SUE ANY OR ALL of the released parties in connection with this event. Consent also is hereby given to use (my/my Childs) name, picture, portrait, likeness writings, or biographical information, and audio tape and or videotape recordings and sound or silent motion pictures of (me/my child) in any media or editorial, educational, promotional and advertising purposes, for solicitation of sponsorships and for any other purposes and furtherance of the corporate purposes and objectives of GFT. By signing this document I certify that I have read this document and fully understand it, and that I am not relying on any statements or representations of any released party. This document shall be binding upon (me/my child's) heirs, executors, administrators, assigns and all legal guardians (of my child). NO REFUNDS.**

Signature _____ Parent/Guardian (under 18) _____

NO STROLLERS DURING THE RACE AND NO PETS AT THE EVENT, THIS IS FOR YOUR SAFETY.