



FRIGID FOREST 5K

December 7, 2024

Sequoyah Lodge, Sequoyah State Park

19808 Park 10, Hulbert, OK

In-Person 5K starts at 8:30 A.M.

In-Person 1K Fun Run starts at 8:00 A.M.

Race day registration and packet pick-up: 7:00 A.M.
Packet pick up will end at 7:50 A.M.

Timing by: TATUR Racing

- Medals to top 3 male/female standard age group in 5K
- Shirts will be handed out after race completion while supplies last (NOTE: 5K virtual option will have shirt pick up at later date)

Contact information:

Kindle Spry - kindle-spry@cherokee.org or
918-316-8443

USATF Sanctioned Event and Certified Course

Mail race entry form to:

Cherokee Nation Wings Program, P.O. Box 948,
Tahlequah, OK 74465

Make checks payable to: Sequoyah Park Partners –
5K: \$20 Fun Run: \$10

<https://runsignup.com/frigidforest5khulbert>

Coupon code for Wings members only: frigid

Wings Deadline:

Paper Registration: December 2, 2024

Fax: (918) 458-4466

Online Registration: December 5, 2024

Name _____ Age on Race Day _____ DOB _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ Are you a Wings member? _____

Email _____ Shirt size _____

Event (circle one) In person- 5K Run 1K Fun Run Virtual 5K

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 risks associated with running this event including, but not limited to falls, contact with other participants, the effects of weather and the conditions of the roads, and all such risks being known and appreciated to me. Furthermore, I understand that I may be running in traffic; and I agree to yield to all emergency vehicles. I am fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and headphones are strictly prohibited, and I agree not to have them on the course. Furthermore, I agree not to go back on to the course after finishing. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number 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 waive and release and discharge any and all race sponsors, officials, volunteers, local and state police including any and all of their agents, employees, assignees, or anyone acting on or for 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 participation in this event whether same be caused by negligence of fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and/or agents authorized by them to use any photos, videotapes, motion pictures, or any other record of this event for any purpose. Refunds will not be given in the event of registered participant no-shows. Signature is required to participate. Minors accepted only with a parent or guardian signature.

Signature _____

Date _____

Parent/Guardian Signature _____

Date _____

(Must be signed by parent or guardian if child is under 18 years of age)

