



# GRAND DAM RUN ~ Langley, OK 5K, 10K, & 1K Fun Run

*Proceeds benefiting: South Grand Lake Lions Club Scholarship Program*

## Saturday – April 6, 2019

Start Line: First Christian Church, 220 Cherokee Ave., Langley, OK

**7:00 a.m. – Registration/Bib Pick-Up Opens**

**8:00 a.m. – Fun Run | 8:30 a.m. – 5K & 10K**

**EARLY BIB PICKUP on Friday, April 5 from 4:00-5:30 p.m.**

**Timing by: TATUR Racing**

- Medals to top 3 male/female standard age group in 5K & 10K
- 1<sup>st</sup> 500 to show up for bib pick-up AND finish the race will receive a shirt

Contact information: Amy DeVore (918)915-0464 or [amy-devore@cherokee.org](mailto:amy-devore@cherokee.org)

10K- Pre-Registration \$30	10K Race Day \$35
5K Pre-Registration \$25	5K Race Day \$30
1K Fun Run Pre-Registration \$20	1K Fun Race Day \$25

Email race entry form to: [trina-jackson@cherokee.org](mailto:trina-jackson@cherokee.org) or Fax (918)458-6224 Wings deadline March 27, 2019

**Make checks payable to: SGL Lions Club**

**REGISTER ONLINE:** <https://runsignup.com/granddam5k10k>

Wings code: lions

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ DOB \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Are you a Wings member? \_\_\_\_\_

Email \_\_\_\_\_ **Event (circle one) 5K Run 10 K 1K Fun Run**

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 the use of portable listening devices (i.e. music players, head phones, smart phones, etc.) is done so at my own risk. The use of baby strollers/joggers is allowed, however USATF urges participants pushing strollers to start/stage in back/rear of the staging area. 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 or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_