

Waiver: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any and all other risks associated with running/walking this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity and the conditions of the roads, all risks being known and appreciated by me. I am also fully aware that baby strollers and wheels of any kind (except competitive wheelchairs) animals and head phones are strictly prohibited and I agree not to have them on the course (applies to 5K Run/Walk only; strollers, pets, etc. are allowed for fun run). Furthermore I agree not to go back into the course after finishing. 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, race officials, volunteers, local and state police including any and all of their agents, employees, assigns, or anyone acting for or on 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 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 permission to sponsors and/or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with parent or guardian's signature. No refunds. No make-up rain date. **Shirt size not guaranteed.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

Waiver must be signed to participate.



2450 N. Harvard Ave. • Tulsa, OK 74115

P.O. Box 580460 • Tulsa, OK 74158

918.949.HOPE (4673)

[www.CatholicCharitiesTulsa.org](http://www.CatholicCharitiesTulsa.org)

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Eighth Annual



Benefiting Catholic Charities' Adoption Services

Saturday, September 18, 2010  
41st Street Plaza - River Parks

Registration – 7:00 a.m.

5K Run/Walk – 8:00 a.m.

1 Mile Fun Run/Walk – 9:00 a.m.

## Registration

### 5K Run for Life:

**Advance Purchase:** \$20 per person

**Day of Race:** \$25 per person

### Walk for Adoption (Fun Run):

**Adults:** \$10 per person

**Kids under 12:** FREE!

### Mail entries to: Tulsa Runner

9708 S. Riverside Drive • Tulsa, OK 74137

Mail-In entries must be postmarked by Monday, September 13, 2010

### Advance In-Store:

Tulsa Runner • 9708 S. Riverside Drive • Tulsa, OK

September 13-17 at 10 a.m. - 7 p.m.

### Online Registration:

[www.CatholicCharitiesTulsa.org](http://www.CatholicCharitiesTulsa.org)

Catholic Charities is pleased to present the “Run for Life/Walk for Adoption” race to raise money and awareness for the Adoption Services program. This 5K sanctioned run will begin at the 41st Street Plaza at River Parks and head north on the running trail with a turnaround just before 26th Place.

## Contact Information

Cindy Webb, Event Co-Chair • 918.640.7167

Heather Tittjung, Event Co-Chair • 918.693.4400

Lindsay Hughes, Development Coordinator

918.508.7115 • [lhughes@catholiccharitiestulsa.org](mailto:lhughes@catholiccharitiestulsa.org)

## Awards & Prizes

Awards will be given to all category age group winners and prizes for overall male and female winners in the 5K race.

There will be door prizes during the event. Each registrant will receive a door prize ticket. Must participate in the Run or Walk to be entered into the drawing.

## Other Ways to Help

### Virtual Runners?

Help support the Adoption Services program without leaving the comfort of your own home... register as a Virtual Runner! We will send you a participant t-shirt just for sending in your registration fee!

### Additional Donations

In addition to your entry fee, you may add another donation or collect tax-deductible contributions from friends, family, neighbors and co-workers. Send in your additional donation with your registration form or bring them with you the day of the event. Please see [www.catholiccharitiestulsa.org](http://www.catholiccharitiestulsa.org) for a donation form.

(Names and addresses are required for those that request a receipt for their donation.)

## This is a USATF-sanctioned event on a certified course.

CATHOLIC  
CHARITIES

Run for Life  Walk for Adoption

## Registration Form

(Please print. Please fill out a separate form for each participant.)

Event (check one):

- 5K Run/Walk (Advance purchase - \$20 per person)
- 5K Run/Walk (Day of race - \$25 per person)
- Fun Run/Walk (\$10 per adult - Kids under 12 FREE)
- T-Shirt Only (\$10 each)
- Virtual Runner (\$20)

Additional Donation (Amount) \$ \_\_\_\_\_

Name \_\_\_\_\_

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

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

T-shirt size: (circle one)

Adult Sizes: S M L XL XXL

Youth Sizes: YS YM YL

Please sign waiver and release on reverse side before submitting entry form.

**Mail entries to:** Tulsa Runner

9708 S. Riverside Drive • Tulsa, OK 74137

Mail-In entries must be postmarked by Monday, September 13, 2010

After this deadline, please register at Tulsa Runner or on the day of the race.

All 5K run registered entrants will receive a 100% cotton short sleeved t-shirt. Children under the age of 12 participate for FREE in the Walk for Adoption/Fun Run and may purchase a t-shirt for only \$10. **(Shirt size not guaranteed.)**