



**September 12, 2009
LaFortune Park, Tulsa, OK.
5K Race – Sanctioned by USATF
Fun Run/Walk – 1 mile or 5K**

All proceeds benefit the drug treatment programs of Palmer Continuum of Care.

- Times: State Times: 5K Sanctioned Run (control # 09-27-101) – 8 a.m.
Fun Walk/Run - 1 mile or 5K – 8:30 a.m.
- Location: LaFortune Park, Southeast Shelter nearest the baseball park, just north of 61st & Yale.
- Course: Relatively flat and fast/ blacktop running path/ Park area/ USATF Certified/ 3 water stations.
- Entry fees: If Post-Marked or Registered by September 1:
5K Race - \$20 (T-shirt guaranteed) (USATF members - \$18)
- Day of Race:
5K - \$25 for all participants registering from 7 a.m. to 7:45 a.m.
- Fun Walk/Run – Free
T-Shirts - \$10 guaranteed if ordered by September 1.
- Awards: Trophies to top two winners in age groups in 5-year age divisions beginning with
age 10 & up to age 70 years old – i.e. 10 to 14; 15 to 19; 20 to 24.
Trophies to top two overall male and female winners.
Trophies to top two in Fun Run 5K.
Trophies to top two in Fun Walk 5K mile.

Make payment & mail registration to:
Palmer Continuum of Care, 3015 East Skelly Drive, #270, Tulsa, OK. 74105

Name _____ Age _____ M/F _____ Phone _____
Address _____ City _____ Zip _____
E-mail address _____ D/O/B _____
2009 USATF # _____

Check one: 5K Sanctioned Run 5K Fun Run
5K Fun Walk 1 Mile Fun Walk

Shirt Size:
Adult: M L XL XXL
Youth: S M L

EVENT WILL BE HELD RAIN OR SHINE

WAIVER: In consideration of my entry acceptance in the Palmer Walk/Run for a Drug Free Life on Saturday, Sept. 12, 2009, I do hereby waive and release any and all rights and claims for damage, and release and discharge Palmer Continuum of care and all other sponsors, directors or race officials whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

Signed _____ **Date** _____
(if under 18 years of age, parent or guardian must sign).

For more information or to register on-line, please go to www.palmer-tulsa.org.