



Mail Entries to:
Claremore High School
1910 Florence Ave.
Claremore, OK 74017
ATTN: Jim Sherl

Pre- Register online at
zebrasoftball.com
www.lakeside5k.eventbrite.com

Everyone can pick-up their race packet on race day:
Saturday, April 28th, 2012 beginning at 8:00 A.M.

LOCATION AND TIME: The race will be held on a scenic and quiet course at Claremore Lake.

START TIMES: April 28th

5K Race 9:00 A.M.
 (Chip timed)
 1 Mile Fun Run/Walk 9:30 A.M.
 (not timed)

AWARDS (5K Only):

Overall Male and Female
 1st, 2nd & 3rd place 8 & under, 9-14 ,15-19,20-29,30-39,40-49,50-59,60-69,70+



ENTRY FEES & REGISTRATION:

5K Individual Race \$25
1 Mile Fun Run/Walk \$25
 (Online or in person)

** All Entry fees include T-shirt.*

Make checks payable to:
Claremore Booster Club

PROCEEDS: Any proceeds from the 2012 Run will benefit CHS Softball, Wrestling, & Basketball
QUESTIONS? Contact: Jim Sherl Phone: 918-231-6846 Email: jsherl@claremore.k12.ok.us

2012 Run- Please Print Entry Information Below:

Event (Check one): 5K Run 1 Mile Fun Run/Walk

Name _____ Grade _____ Age on Race Day _____ DOB _____ Sex _____

Address _____ City _____ State _____ Zip _____

Email Address _____ Phone _____

T-Shirt size (Circle one) Youth S M L XL Adult S M L XL XXL

For Staff Use Only

Amount Paid: \$ _____

Check # _____

Cash Split _____

Other: _____

Date Paid: _____

Staff: _____

I know that running a road race is 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 falls, contact with other participants, the effects of the weather, including high heat and/or humidity or extreme cold weather and the conditions of the street/trails, all risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that animals and head phones are strictly prohibited. I agree not to have them on the course. 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 the event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, fore-seen 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.

Signed _____ (waiver must be signed to participate)