

Riverside 5000

AUGUST 16, 2008
96TH & RIVERSIDE TULSA, OK

ELITE 5000 7:30AM

OPEN 5000 8:00AM

FUN RUN 8:45AM

REGISTRATION FEE:

\$25 for 5k races includes Mizuno Tech t-shirt. 18 year old & under free (does not include shirt) 1 mile fun run free. Make checks payable to Riverside 5000.

REGISTER

Online: www.active.com search for Riverside 5000

Mail: Mail form to 9708 S. Riverside Pkwy Tulsa, OK 74137. Do not mail forms after August 7th.

In Person: Packet pick up and in person registration at Tulsa Runner at 97th & Riverside the week of the race, August 11th-15th.

COURSES

Elite 5000: Starts at 96th and heads north for about 800m and turns around the median. The course is 3 loops with the finish next to the start line.

Open 5000: Starts at 96th and heads north to 81st St and heads back to the same finish as the Elite 5000.

1 mile fun run: Starts on the Jenks Pedestrian Bridge, goes out and back, and finishes at the same finish line as the other races.

AWARDS

Elite 5000: Over \$2,850 guaranteed plus a \$500 open state record bonus. See website for details.

Open 5000: Polycarbonate water bottle to top 5 runners in each standard USATF age group. (under 8, 9-12, 13-15, 16-19, 20-24, 5 year increments from ages 75 & up)

Clydesdale: 170-184, 185-199, 200-214, 215-229, 230 & up. Must indicate weight category on race form.

Filly: 145 & up. Must indicate weight category on race form.

1 mile fun run: Ribbon to all finishers.

CHECK RACE: Elite 5000___ Open 5000___ 1 mile Fun Run___

FULL NAME: _____

SEX: M / F **AGE ON RACE DAY** _____

ADDRESS: _____ **CITY, STATE, ZIP:** _____

WEIGHT (CLYDESDALE/FILLY) _____

ADULT T-SHIRT SIZE:

(Mizuno tech tee) XS___ S___ M___ L___ XL___ XXL___

In consideration for the acceptance of my registration as a participant in the Riverside 5000, and with the understanding that my participation in this event is only on condition that I enter into this agreement, for myself, my heirs and assignees, I hereby assume the inherent and extraordinary risks involved in the Sky Fitness Riverside 5000 and any risks inherent in any other activities connected with this event in which I may voluntarily participate. I expressly assume the risk of and accept full responsibility for any and all injuries, including death and accidents which may occur as a result of my participation in this event and release from liability, Tulsa Runner, the City of Tulsa, all other sponsors of the race, and each of their officers, director and agents, representatives, employees and members. I hereby waive any claim I may have hereafter as a result of my participation in the Riverside 5000 and in any other activities connected with this event in which I may voluntarily participate. I hereby agree to indemnify or my property which may occur as a result of my voluntary participation in the Riverside 5000. "I have read and understand the above statement." The race director reserves the right to cancel the race in the event of unsafe weather conditions. No refunds will be given.

SIGNATURE _____

DATE _____

Parent or guardian must sign if entrant is under 18. This release must be signed to participate.