



Sky Fitness & Wellbeing Riverside 5000

August 18, 2007 96th & Riverside Tulsa, OK
Elite 5000 7:30am
Open 5000 8:00am
1 mile fun run 8:45am

Registration Fee: \$25 for 5k races includes Mizuno Tech t-shirt. \$15 for 1 mile fun run Make checks payable to Riverside 5000.

3 ways to register

On-line: www.active.com search for Sky 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 Sky Fitness and Wellbeing at 101st & Sheridan the week of the race, August 13th-17th.

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 \$3,000 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 on race form.
- Filly: 145 & up. Must indicate weight on race form.
- 1 mile fun run: Ribbon to all finishers.

Sky Fitness & Wellbeing Riverside 5000 Registration Form

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) _____

T-shirt

Adult (Mizuno tech tee) XS___ S___ M___ L___ XL___ XXL___

Youth (Cotton tee) S___ M___ L___

Registration Fee \$ _____

Extra t-shirts may be purchased for \$15 each \$ _____

Total \$ _____

In consideration for the acceptance of my registration as a participant in the Sky Fitness 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, Sky Fitness, 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 Sky Fitness 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 Sky Fitness 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.