



Annual Seminole Freedom 5K Run/Walk



Sponsored by the
Seminole Chamber of Commerce
During Seminole's 4th of July Festival
Come for the Run! Stay for the Fun!

Date: Saturday, July 4, 2009
Time: 7:30 a.m.
Where: Magnolia Park
Seminole, OK
Fee: \$20.00—Adults/\$25 Race Day
\$15.00 12 & Under/\$20 Race Day

*(Free t-shirt to first 100 pre-registered participants)
(Pre-registration ends June 22)
(All finishers under age 10 receive medal)*

**Race day registration begins at 6:30 a.m.
Run/Walk begins at 7:30 a.m.**

**Mail registrations and fees to:
Seminole Chamber of Commerce
Amy Britt
P.O. Box 1190
Seminole, OK 74818-1190
(405) 382-3640
Course is USATF Certified**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ **We want you** ★
★ to run or walk ★
★ in our race! ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



**Run or walk in your favorite
4th of July costume
to compete in the costume contest!**
\$50 Prize for 1st place costume for 12 & under winner
\$50 Prize for Adult 1st place costume winner

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Name _____ Age on Race Day _____ DOB _____ Sex _____
Address _____ City _____ State _____ Zip _____
Phone _____ Email _____

Shirt Size (Circle One) Youth-Lg S M L XL 2XL

Please check one: Runner _____ Walker _____ Champion Chip# _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running 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. Furthermore, I agree to yield to all emergency vehicles. Furthermore I agree not to go back onto the course after finishing. Knowing these facts and in consideration of your accepting my entry, I hereby for myself and my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge 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.

Make checks payable to the Seminole Chamber of Commerce.

Amount enclosed: _____

Signed _____ Today's Date _____

No Refunds

(Waiver must be signed by participant and/or guardian if participant is under 18 to participate)