

TOUCH INDIA MINISTRIES PRESENTS...

KNEES 2 WAR-
KIDS HELPING KIDS
AGES 12 & UNDER CONTEST
AGES 13-19 CONTEST
TONKAWA, OK
SATURDAY, APRIL 8, 2017
10K RUN~ 5K & 1 MILE RUN/WALK



K N E E S 2 W A R

DATE/ TIME/ PLACE: Saturday, April 8th, 2017- 8:00am in downtown Tonkawa, OK, close to the Heart in the Park.

The 10K run begins at 8:00am, the 5K run begins at 8:05am, and the 1 mile run/walk begins at 8:30am.

Race start/finish line location: Intersection of 7th St. and Grand

COURSE DESCRIPTION/ Timing: Out and back course. Manual timing.

REGISTRATION/ FEES/PACKET PICK UP: Participants are encouraged to pre-register either on-line at www.knees2war.org or by U.S. mail to: Knees 2 War, 610 S. Cleveland St. Suite 110A, PMB 208, Enid, OK 73703. All mailed pre-registration forms must be post marked no later than Saturday, April 1st. Online registration will be open through the Thursday, April 6th.

DONATIONS COLLECTED FOR CONTEST WILL PAY FOR REGISTRATION FEE AND MUST AT LEAST BE EQUIVALENT TO THE AMOUNTS BELOW

1 mile-\$10 5K-\$20 10K- \$30 (add \$5 for registrations on race day)

Race day packet pick-up and registration will be on the morning of the race from 6:45am – 7:45am at the location site.

T-SHIRTS: Participants who pre-register two weeks prior to race date will receive t-shirts in packet. Other registrants will receive shirts as supplies last.

AWARDS: An awards ceremony will follow the races. 10K and 5K- Awards will be given to top overall male and female and to winners three deep in the following age divisions—male and female: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. 1 mile- Awards will be given to top three finishers. Awards MUST be picked up; they will NOT be mailed. **KIDS HELPING KIDS CONTEST-** Awards will be given to all participants. Participants in each age division with the highest value of donations will receive a special prize.

POST RACE CELEBRATION: Refreshments and water will be available for race participants.

INFORMATION: Contact race coordinator- linda@knees2war.org

RACE ETIQUETTE: We reserve the right to disqualify anyone who displays unsportsmanlike conduct.

Name: Last _____

Address: _____

First _____

City: _____ ST _____ Zip _____

Gender: (circle one) Male Female

Phone: (_____) _____ - _____

Age: (as of 04/08/17) _____

E-Mail Address: _____

Date of birth: Month _____ Day _____ Yr _____

T-Shirt Size: 3T 5T YS YM YL S M L XL XXL

Race: (circle one) 10K 5K 1 mile

In case of Emergency, call: _____ at phone number: _____

Athlete's Release and Waiver: DO NOT SIGN WITHOUT READING

Complete and Mail to:

Knees 2 War
610 S. Cleveland St, Suite 110A
PMB 208
Enid, OK 73703

Visit www.knees2war.org/kids-helping-kids
for more information or to register online.

I understand the nature of the activity of running/volunteering in a 10K/5K/1 mile race. I certify that I am in good health and in proper physical condition to participate in this activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity. This includes but is not limited to falls, contact with other participants, and effects of weather including cold temperatures, humidity, rain, and the condition of the road or traffic on the course. All such risks are known and understood by me. I have read this release and waiver of liability. I understand these terms and understand that I have given up substantial rights by signing this agreement and have signed it freely. I hereby release, discharge, and promise not to sue Touch India Ministries, race administrators, race sponsors, and all further sponsors, their representatives, or successors from all claims or liability of any kind arising from my participation in this event even if the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the above groups to use any photograph, motion pictures, video, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature
(or Parent/Guardian of participants under 18)

Date