

TOUCH INDIA MINISTRIES PRESENTS...
KNEES 2 WAR-
KIDS HELPING KIDS
AGES 12 & UNDER CONTEST
AGES 13-19 CONTEST
TUSKAHOMA, OK
SATURDAY, SEPTEMBER 16, 2017
10K RUN~ 5K & 1 MILE RUN/WALK



DATE/ TIME/ PLACE: Saturday, September 16th, 2017- 8:00am in Tuskahoma, OK.

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

Race start/finish line location: Choctaw Nation Museum, Council House Rd.

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

REGISTRATION/ FEES/PACKET PICK UP: Participants are encouraged to pre-register either on-line at www.knees2war.org/kids-helping-kids 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, September 9th. Online registration will be open through the Thursday, September 14th.

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 6:30am – 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 09/16/17) _____ E-Mail Address: _____

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

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

Are you a P.A.C.E. member? YES NO

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

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

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.

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.

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

Date