

Knees 2 War- TONKAWA, OK

10K | 5K | 1 Mile Run/Walk

Saturday- March 29, 2025

Proceeds benefit children in India



DATE/TIME/PLACE: Saturday, March 29, 2025 in Tonkawa, OK

The 1 mile run/walk begins at 8:30am, and the 10K/5K run/walk begins at 9:00am.

Race start/finish line location: NOC Baptist Collegiate Ministries building: 201 S. Jenkins St.

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

REGISTRATION/ FEES/ PACKET PICK-UP: Pre-register online (by Thursday, March 27) at www.knees2war.org or by mail to:

Knees 2 War, 610 S. Cleveland St. Suite 110A, PMB 208, Enid, OK 73703. All mailed pre-registration forms must be postmarked by Saturday, March 22.

1 mile-\$20

5K-\$30

10K- \$40

(add \$5 for registrations on race day)

Early packet pick-up is on Friday, March 28 from 3:00pm-6:00pm at the NOC BCM building: 201 S. Jenkins. RACE DAY packet pick-up and RACE DAY registration will be on Saturday, March 29 from 7:00am – 8:15am at the NOC BCM building: 201 S. Jenkins.

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 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.

REFRESHMENTS: Refreshments and water will be available for race participants.

INFORMATION: Contact race coordinator- info@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 03/29/25) _____

E-Mail Address: _____

Date of birth: Month ____ Day ____ Yr ____

T-Shirt Size: 2T 3T 4T 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**

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

Make Checks Payable to:
Touch India Ministries

OR

Visit www.knees2war.org for more information, to register, or donate.

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

Date