


Triple Crown 2013



Frigid Five
Feb. 9th



Panera Beacon 5k-15k-25k
March 2nd



St Paddy's
March 16th

Register today @ www.okcrunning.org

Mail before 2/1 to: Oklahoma City Running Club, P.O. Box 18113, Oklahoma City, OK 73154
All three events \$65 (race day \$80) adults / \$50 (race day \$65) for 19 & under

Panera Beacon (circle one): **5K** **15K** **25K** - switching allowed must notify officials before the race.

First Name: _____ **Sex:** _____

Last Name: _____ **Age on Race Day:** _____

Address: _____ **DOB (mm/dd/yyyy):** ____/____/____

City, State, Zip: _____

Email: _____

Phone: _____ **Shirt Size:** _____

Emergency Contact: _____

Waiver / Release

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Triple Crown, Frigid Five, The Panera Jack Rector Beacon Run, St Paddy's, Edmond Running Club, The OKC Running Club, Lynn Institute, timing company and its affiliates, their agents, employees, officers, directors, successors and assigns, the City of Edmond, City of Oklahoma City, the Park Department, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in Triple Crown Events and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of these events and my physical condition has been verified by a licensed medical doctor. I understand that I am responsible for the return of any rental Champion Chip and agree to pay the replacement fee of \$35 if I fail to return it. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

X _____
Parent or guardian if under 18 years old