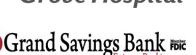
INTEGRIS Foundation

5k & fun run Sat. August 1st, 2015









COURSE: The race will start and finish at the Grove City Pool: 801 E 13th St

REGISTRATION: \$20 -advanced registration before July 28th-FREE t-shirt \$25 -race day registration— FREE t-shirt while supplies last

\$5 -fun run

RACE: check in 7:00-7:45am, 5k race will begin at 8:00am, fun run will begin around 8:10am

This year we are doing a water race! So be prepared to get wet.

AWARDS: Trophies for overall male/female will be given as well as medals for the top 3 runners in each division: 13/under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

AMENITIES: After the race, stick around for food and a swim at the city pool

FUN & FITNESS FOR THE WHOLE FAMILY!!!

Last Name	First Name		N	Middle Initial	
Address		City	State	Zip	
Phone number	Email				
Age on race day	Date of Birth		Circle one: Mal	e Female	
Check One: 5K Run	_5K Walk Fun Run	T-shirt size: _	SML>	(LXXL	
Amount Paid \$	(please make checks payable to INTEGF	RIS Foundation)	Youth S Yout	h MYouth L	
traffic/animals on the course. I assume the risk other participants, the effects of weather and the amfully aware that baby strollers and wheels of amfully aware that it is a fraudulent act to swit and in consideration of your accepting my entry release and discharge any and all race sponsors, behalf from any and all claims or liability for dea whether same be caused by negligence or fault.	nazardous activity. I should not enter and run unl of running in traffic. I also assume any and all oth he conditions of the roads, all such risks being kn f any kind (except competitive wheelchairs), anim th race numbers with anyone or allow anyone ot , I hereby for myself, my heirs, executors, admin race officials, volunteers, local and state police i th, personal injury, or property damage of any ki This release and waiver extends to all claims of e ents authorized by them to use any photos, video	er risks associated with run wan and appreciated by me hals and headphones are str her than myself to wear my strators or anyone else wh ncluding any and all of thei nd or nature whatsoever yeery kind or nature whats	ning this event including, but not lit. Furthermore, I agree to yield to al rictly prohibited and I agree not to I r ace number and I agree not to I o might Claim on my behalf, covena r agents, employees, assigns, or any rising out of, or in the course of, my ever. foreseen or unforeseen, knov	mited to, falls, contact with	
Signature of participant:					
Signature of parent/guardia	n (if under the age of 18):				

INTEGRIS Foundation

5k & fun run Sat. August 1st, 2015

This is the 2nd annual INTEGRIS Foundation 5k and fun run. All proceeds will benefit the INTEGRIS Foundation Cancer Fund. Thousands of dollars are donated to local citizens each year who are battling cancer. Funds are used to help with medical expenses, fuel for travel to treatment, nutritional supplements, medical supplies and other essential expenses.







This year we are doing a water race! So be prepared to get wet.

For more event details and to pre-register for this event please visit

www.ActNowRacing.com

Or pick up a registration form at one of the designated locations listed below.

- INTEGRIS Grove Hospital Volunteer Desk: 1001 East 18th Street Grove, OK 74344
 - Grove Dental Associates: 2209 S Main St Grove, OK 74344
 - Grand Savings Bank: 1022 S Main St Grove, OK 74344

You may return your completed form to one of the locations above

PRE-REGISTRAION DEADLINE IS JULY 28TH

COURSE: The race will start and finish at the Grove City Pool: 801 E 13th St

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\$25 -race day registration— FREE t-shirt while supplies last

\$5 -fun run

For more information call 787-3854

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Fun and Fitness for the whole family!!