

# INTEGRIS Foundation

## 5k & fun run

Sat. August 1st, 2015



Grove Hospital



**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 \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_ Email \_\_\_\_\_

Age on race day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Circle one: Male Female

Check One: \_\_\_ 5K Run \_\_\_ 5K Walk \_\_\_ Fun Run T-shirt size: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL

Amount Paid \$ \_\_\_\_\_ (please make checks payable to INTEGRIS Foundation) \_\_\_ Youth S \_\_\_ Youth M \_\_\_ Youth L

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic/animals on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and headphones are strictly prohibited and I agree not to have them on the course. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and or agents authorized by them to use any photos, video, or any other record of this event for any purpose.

Signature of participant: \_\_\_\_\_

Signature of parent/guardian (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](http://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-REGISTRATION DEADLINE IS JULY 28TH**

**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

For more information  
call 787-3854

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

**AWARDS:** Trophies for overall male/female will be given as well as medals for 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 free swim at the city pool

**Fun and Fitness for the whole family!!**