



Northeastern State University

"Founders Day 5K"

Saturday March 6, 2010

Time of Race: 8:30 am
NSU Centennial Plaza
5 K Race and 1 K Fun Run
Sponsored by NSU Student Foundation

Registration.....Begins at 7:30 am at the Centennial Plaza
 Awards.....Top Male/Female, 1st Three Finishers (each category)
 Age Categories.....5 K: Overall, 3 year increments to age 70 and up
 Entry Fee.....\$15 (FREE T-SHIRT GUARANTEED IF REGISTERED BY 2-26-2010)
 Door Prizes to be given away after the race

TO MAIL APPLICATION OR FOR MORE INFORMATION:

NSU Foundation/Founders 5 K
 812 North Cedar
 Tahlequah, OK 74464-7107
 Or call: Amanda Jones (918) 207-8492 or Eric Pool (918) 931-1029

Please make checks payable to "NSU Foundation/Founders 5K"

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Name _____ Address _____
 City _____ State _____ Zip Code _____ Phone () - _____
 Sex _____ Age _____ E-mail Address _____
 T-shirt size: S M L XL (guaranteed if application is received by 2-26-2010)

 Signature

 Parent Signature if under 18

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 agree to abide by any decision of a race official relative to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with effects of weather including heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry. I, myself and anyone acting in my behalf, waive and release NSU of Tahlequah, OK, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. I grant permission to all of the foregoing to use and photographs or any other record of this event for any legitimate purpose.