

Final race of the Spring "Triple Crown"

"Triple Crown" rules: [www.stpaddysrace.com](http://www.stpaddysrace.com)



# St. Paddy's Day Great Race of the Great Plains - 8K

**PLUS  
Fun  
Run**

Feb 28th - Panera-Jack Rector Beacon Run - 5k & 25k

USATF Certified Course

March 7th - Deer Creek Classic - 5k & 10k

**March 14<sup>TH</sup>, Saturday**  
**Lake Hefner - East Wharf**

**Register the day of the race - or -  
Pre-register by March 13<sup>TH</sup> @ 5:00 PM**

▶ **Entry Fees for St. Paddy's Day Race:**  
**8k - AND - 1 mile fun run**

- \$20.<sup>00</sup> for pre-registered runners (19 & older) ---  
▶ \$25.<sup>00</sup> day of the race (19 & older)
- \$10.<sup>00</sup> for pre-registered Students ---  
▶ \$10.<sup>00</sup> day of race (under 19)
- Under age 8 --- race FREE!

**If you are entering the Triple Crown  
go to [www.stpaddysrace.com](http://www.stpaddysrace.com)  
to download the form or enter on-line.**

**For More Information Call:**

**Frank Willis at the Lynn Institute**  
**405-602-3919**

**Register by mail or in person at the**  
**Lynn Institute**  
**3555 NW 58<sup>TH</sup>, Suite 800**  
**Oklahoma City, Oklahoma 73112**

**- OR - register on-line at:**  
**[www.stpaddysrace.com](http://www.stpaddysrace.com)**

**8k Race - 10:15am**

**1 Mile Fun Run - - - 11:00am**

**8K Awards**

**3 deep for standard  
age groups**

**- PLUS -**

**10 & under; 11 - 13;  
14 - 16; & 17 - 18**

**Packet Pickup:**

week of the race at  
**The Runner**  
9644 N. May  
or on  
Race Day  
at race site

**Special Youth Races**

**- for more information, go to -  
[www.stpaddysrace.com](http://www.stpaddysrace.com)**

All proceeds benefit programs sponsored by  
Youth ENDURO Sports, Inc.

**Run as a  
leprechaun:**  
I-pods for the 3  
best leprechaun  
costumes

**2009 RACE SPONSORS**

- Lynn Institute • LION Research  
Foundation Surgery Affiliates
- Hard Edge Design
- Creative Video Works
- Central State Massage
- The Runner • Panera Bread
- Little Caesars • Respironics
- Relax The Back • Crest Foods
- ViaCore Nutrition • Starbuck's
- Kolache Kitchen • News 9



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 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 the 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 am also fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. 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, administrator 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 tapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

Name (Print VERY Clearly)

Mailing Address

City, State, Zip Code

Phone

▶ Which Race Are You Entering? (check one) ▶  8k -OR-  1 Mile Fun Run

▶ Adult T-shirt Size (circle one) ◀

**S M L XL (8K participants only)**

Sex \_\_\_\_\_ AGE On March 14<sup>TH</sup> \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_

If Running 8K

Please make all checks payable to: **Lynn Health Science Institute**