



TOUCH INDIA MINISTRIES PRESENTS...

# KNEES 2 WAR

POTEAU, OK

MAY 4, 2013

5K & 1 MILE RUN/WALK

PROCEEDS SUPPORT CHILDREN'S HOME AND  
SCHOOL BUILDING PROJECTS IN INDIA

**DATE/ TIME/ PLACE:** Saturday, May 4<sup>th</sup>, 2013- 9:00am in Poteau, OK.

The 1 mile run/walk begins at 9:00am, and the 5K run/walk begins at 9:30am. Race start/finish line location: Carl Albert State College, 1507 S. McKenna

**COURSE DESCRIPTION/ Timing:** USATF certified course. Chip timing.

**REGISTRATION/ FEES/PACKET PICK UP:** Participants are encouraged to pre-register either on-line at [www.getmeregistered.com/Knees2War](http://www.getmeregistered.com/Knees2War) or by U.S. mail to: Knees 2 War, Attn: Linda Kodesh, 1111 S. Oakwood Rd, Apt. 1506, Enid, OK 73703. All mailed pre-registration forms must be post marked no later than the Saturday, April 27<sup>th</sup>. Online registration will be open through the Thursday, May 2<sup>nd</sup>.

**1 mile-\$20      5K-\$25      Children 12 & under- \$10 for any event      (add \$5 for registrations on race day)**

Packet pick-up and late registration will be on the morning of the race from 7:30am – 8:30am at the location site.

**T-SHIRTS:** Pre-registered runners/walkers will receive t-shirts at packet pick-up. Race day registrants will receive shirts as supplies last.

**AWARDS:** An awards ceremony will follow the races. 5K- Awards will be given to top overall male and female and three deep in the following age divisions—male and female: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Overall winners are not eligible for age division awards. 1 mile- Awards will be given to top three finishers. Awards MUST be picked up; they will NOT be mailed.

**POST RACE CELEBRATION:** Refreshments and water will be available for race participants.

**INFORMATION:** Contact race coordinator, Linda Kodesh at (580) 716-0662 or email [linda.knees2war@gmail.com](mailto:linda.knees2war@gmail.com)

**RACE ETIQUETTE:** We reserve the right to disqualify anyone who displays unsportsmanlike conduct.

Name: Last \_\_\_\_\_

Address: \_\_\_\_\_

First \_\_\_\_\_

City: \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Gender: (circle one) Male Female

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Age: (as of 05/04/13) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Date of birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Yr \_\_\_\_\_

T-Shirt Size: 3T 5T YS YM YL S M L XL XXL

Race: (circle one) 5K 1 mile

In case of Emergency, call: \_\_\_\_\_ at phone number: \_\_\_\_\_

## Athlete's Release and Waiver: DO NOT SIGN WITHOUT READING

### Complete and Mail to:

Knees 2 War/ Registration  
Attn: Linda Kodesh  
1111 S. Oakwood Rd, Apt. 1506  
Enid, OK 73703

**Make Checks Payable to:**  
Touch India Ministries

OR

**Visit website or scan code to register  
or donate for the cause online:**

[www.getmeregistered.com/Knees2War](http://www.getmeregistered.com/Knees2War)



I understand the nature of the activity of running/volunteering in a 5K/1 mile race. I certify that I am in good health and in proper physical condition to participate in this activity. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the activity. This includes but is not limited to falls, contact with other participants, and effects of weather including cold temperatures, humidity, rain, and the condition of the road or traffic on the course. All such risks are known and understood by me. I have read this release and waiver of liability. I understand these terms and understand that I have given up substantial rights by signing this agreement and have signed it freely. I hereby release, discharge, and promise not to sue Touch India Ministries, race administrators, race sponsors, and all further sponsors, their representatives, or successors from all claims or liability of any kind arising from my participation in this event even if the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the above groups to use any photograph, motion pictures, video, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature  
(or Parent/Guardian of participants under 18)

Date