



TOUCH INDIA MINISTRIES PRESENTS...

KNEES 2 WAR

TONKAWA, OK

MAY 11, 2013

5K & 1 MILE RUN/WALK

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

DATE/ TIME/ PLACE: Saturday, May 11th, 2013- 9:00am in downtown Tonkawa, OK, close to the Heart in the Park.

The 1 mile run/walk begins at 9:00am, and the 5K run/walk begins at 9:30am. Race start/finish line location: Intersection of 7th St. and Grand

COURSE DESCRIPTION/ Timing: Out and back course. Manual timing.

REGISTRATION/ FEES/PACKET PICK UP: Participants are encouraged to pre-register either on-line at 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, May 4th. Online registration will be open through the Thursday, May 9th.

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 coordinators, Linda Kodesh- 580.716.0662 linda.knees2war@gmail.com
or Christi Hook- 580.716.2446 christi.hook@north-ok.edu

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 05/11/13) _____

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



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