

Awards

5K Race Awards

- Overall male and female
- Overall Race Walkers, male & female
- First three in each 5-year age group
- 8-under to 75 and over male; 8-under to 65 and over female

T-Shirts

Limited t-shirts. Register today to guarantee a t-shirt.

Presenting Sponsors



Southwest Tulsa Trophy



Silver Sponsors



REASOR'S



Zarrow Challenge 5K/1K Run Registration and Release Form

Waiver:

In consideration of my participation in the 2010 Zarrow 5K/1K Run, I do hereby for myself, my heirs, and executors, waive, release and forever discharge all rights and claims for damages which I may have, or which may hereafter accrue to me, against the run sponsors, directors, and those officiating the run or their agents, for any and all damages which may be suffered by me in connection with my entry.

Signature (Individual or parent/guardian if under 18) _____ Date _____

Please check the appropriate boxes

- 5 Kilometer Race/Walk
- Race Walker
- 1 Kilometer Fun Run/Walk

Please check appropriate box:

Male Female

Age: _____ (Age on 4/24/10)

Please print:

Name _____

Address _____

City _____ State _____ Zip _____

Date _____ Daytime Phone _____

Make checks payable to: Tulsa Public Schools

Mail to: Tulsa Public Schools, Athletic Office,
P. O. Box 470208, Tulsa, OK 74147

Early Registration Fees: \$ _____
\$20 – 5K Registration fee

\$ _____
\$10 – 1K Donation to TPS

\$ _____
Total enclosed

T-shirt size: Limited quantities

Adult:	_____	Youth:	_____
Medium	_____	Small	_____
Large	_____	Medium	_____
X-Large	_____	Large	_____
XX-Large	_____		_____

Race day Registration Fees:

\$25 – 5K

\$15 – 1K

*TPS School Affiliation: _____

TPS School with the most entries wins a \$300.00 cash prize!!!

Tulsa Public Schools
Athletic Department
P.O. Box 470208
Tulsa, OK 74147-0208



Five-Kilometer Road Race/Walk

One-Kilometer Fun Run/Walk

Saturday, April 24, 2010
8:30 a.m.

Back to: 41st & Riverside!!!
(Note: Course runs north)

*Proceeds benefit
The Foundation for Tulsa Schools*

5K Race/Walk and 1K Fun Run

Date: Saturday, April 24, 2010
Time: 7:30 a.m. Registration
8:30 a.m. 1K Start
8:45 a.m. 5K Start
9:30 a.m. Awards

Place: 41st and Riverside
River Parks

*Sanctioned by USATF

Entry Fees

Early Registration Fees:

- \$20 5K Race/Walk
- \$10 1K Fun Run

Race Day Registration Fees:

- \$25 5K Race/Walk
- \$15 1K Fun Run

Registration

Mail In:

- Must be postmarked by April 17.

Checks payable to:

- Tulsa Public Schools

Mail entry fee and form to:

- Tulsa Public Schools
Athletic Department
P. O. Box 470208
Tulsa, OK 74147-0208

In-person registration:

- April 22 & 23
- 4:00-5:30 p.m.
- Education Service Center
3027 S. New Haven

Race Day:

- Registration begins at 7:30 a.m.
- 41st and Riverside
River Parks

Packet Pick Up

- April 22 & 23
- 4:00-5:30 p.m.
- Education Service Center
3027 S. New Haven