

If you are
interested in
participating,
see Coach
Tarango for
more
information!

TOUCH INDIA MINISTRIES AND
FORGOTTEN MINISTRIES PRESENT...

**KNEES 2 WAR SCHOOL CONTEST
ENID, OK**

**SATURDAY, APRIL 7, 2018
10K | 5K | 1 MILE RUN/WALK**

PROCEEDS SUPPORT CHILDREN IN INDIA
AND LOCAL COMMUNITY OUTREACH



DATE/TIME/PLACE: Saturday, April 7, 2018- 8:30am in Enid, OK.

The 1 mile run/walk begins at 8:30am, and the 10K and 5K run/walk run begins at 9:00am.

Race start/finish line location: Crossin Park, 1520 W. Oxford Ave.

COURSE DESCRIPTION/Timing: 1 mile and 5K-course within park. 10K- course leaves park for part of the race. Electronic timing.

REGISTRATION/ FEES/PACKET PICK UP: Participants are encouraged to pre-register either on-line at www.knees2war.org or by U.S. mail to: Knees 2 War, 610 S. Cleveland St. Suite 110A, PMB 208, Enid, OK 73703. All mailed pre-registration forms must be post marked no later than Saturday, March 31st. Online registration will be open through the Thursday, April 5th.

1 mile-\$20 5K-\$30 10K-\$40 (add \$5 for registrations on race day)

Early packet pick-up is on Friday, April 6th from 9:00am-6:00pm in the Central Assembly of God Family Life Center: 1202 W. Oxford Ave.

Race day packet pick-up and registration will be on the morning of the race from 7:00am-8:15am at Crossin Park.

T-SHIRTS: Participants who pre-register two weeks prior to race date will receive t-shirts in packet. Other registrants will receive shirts as supplies last.

AWARDS: An awards ceremony will follow the races: 10K and 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+. 1 mile- Awards will be given to top three finishers. Awards MUST be picked up; they will NOT be mailed. **NEW THIS YEAR: K2W participation medals will be given to registrants of all events!**

RACE REFRESHMENTS: Refreshments and water will be available for race participants.

INFORMATION: Contact race coordinator, inda@knees2war.org.

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 04/07/18) _____ E-Mail Address: _____
 Date of birth: Month ___ Day ___ Yr ___ T-Shirt Size: 3T 5T YS YM YL S M L XL XXL

SCHOOL NAME _____

Race: (circle one) 10K 5K 1 mile

In case of Emergency, call: _____ at phone number: _____

Complete and Mail to:
 Knees 2 War
 610 S. Cleveland St, Suite 110A
 PMB 208
 Enid, OK 73703

Make Checks Payable to:
 Touch India Ministries

OR
 Visit www.knees2war.org for more
 information, to register, or donate.

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

I understand the nature of the activity of running/volunteering in a 10K/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 or Forgotten 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 _____ Date _____
 (or Parent/Guardian of participants under 18)