

2010 Green Frog Puddle Jump

Mail to: Wilburton Main Street, Inc. P.O. Box 856, Wilburton, Ok. 74578 att: Puddle Jump

Name _____ Gender M F Date of Birth _____

Address _____ City _____ State _____ Zip _____

Phone _____ T-shirt size _____ S M L XL XXL Category 5K 1 Mile

e-mail _____

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 although police protection will be provided, there will be a possibility of traffic on the course route. I also 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 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 also am fully aware that baby strollers, baby joggers, pushed wheelchairs and wheels of any kind, animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back on the course after finishing. I am fully aware that allowing someone else to wear my race number, switching race numbers or running under a false name is a fraudulent act and I agree not to do this. I agree to abide by USATF rules and am aware that prize money recipients must be current members of USA Track & Field. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and unconditionally waive and release and discharge the USATF/Oklahoma/LDR, City, and State police department, race officials volunteers and any and all sponsors including any and all of their agents, employees assigns or anyone acting 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 further grants permission to sponsors and or agents authorized by them to use any photos, video tapes, motion pictures, recordings or any other reproduction of this event for any purpose. Applicants for minors only accepted with parent or guardian signature.

Signed _____

Date _____

No Refunds

Cut Here Please

Green Frog Festival Puddle Jump



April 17, 2010
9:00 A.M.
Wilburton, Ok.

5K
and
1 Mile
Fun Run

Register by mail, or in person at the
Wilburton Main Street Office
108 W. Main St. (Inside The Gallery)
through 8:00 AM on Race Day

Early registration ... \$10 through April 16
PeeWee Registration(12 & under)
\$5 through April 16

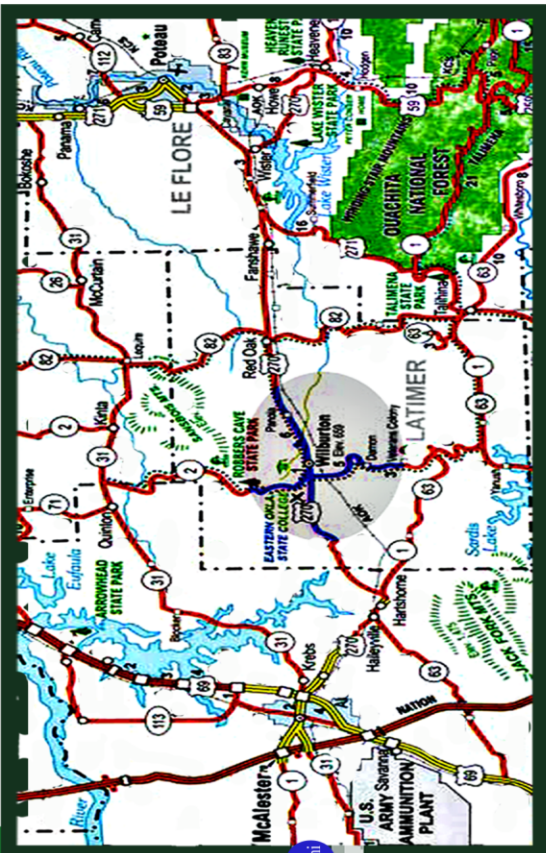
Race Day Registration ... \$15
Register at The Gallery. Closes promptly at 8 A.M.

**Awards to top three Male & Female
in each category:**

12 and under, 13-15, 16-19, and each
succeeding 5 year age bracket up to 70 +
also to
Fastest Man and Woman
and
Oldest Man and Woman finishers.

Wilburton Main Street, Inc.
Maryellen or Mike Mooney
918-465-2254 or 918-629-3740

Map to get to Wilburton

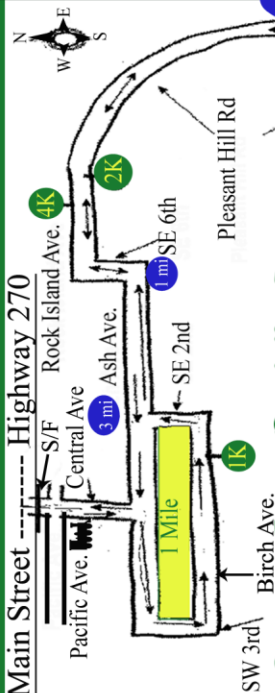


for more information check:
greenfrogfestival.com
wilburtonmainstreet.com
wilburtonchamber.com

USATF Sanction # 09-27-031



Green Frog Puddle Jump 1 mile 5K 1 Mile



Elevations:
start 205 m
Finish 205 m
high 218 m
low 190 m