

LOCATION AND TIME

Fleet Feet Sports Blue Dome

2nd and Frankfort, downtown Tulsa

Registration opens 6:30 am: Fleet Feet Blue Dome

5 km run 7:30 am

Stroller 5km Roll 7:40 am

1 km Fun Run 8:30 am

ABOUT THE EVENT

Fleet Feet Sports Tulsa is pleased to present the 8th Annual "Fleet Feet Firecracker 5 km Run" to celebrate our nations birthday! This 5 km race will be contested on a new scenic course in downtown Tulsa that will pass by the BOK Center, ONEOK Field, the Blue Dome district, the Brady district, and the Greenwood district. Overall male and female awards, Tulsa and female masters awards, standard age group awards, Clydesdales, Athena, and racewalker** awards will be presented for the 5 km Run. The 5 km race and the 5km stroller event will be electronic timed. Be sure to pickup a timing device on race day. The Fun Run is not timed.

** 5km Racewalk is on your honor and WILL NOT be judged.

POST RACE

Lots of food, drinks, and a prize drawing will be held at the conclusion of all the races so be sure to stay for the awards ceremony held at 9:15am.

SHIRT

All race entrants will receive a 100% cotton t-shirt when they register for the race.

QUESTIONS

Contact Fleet Feet by calling 918-492-3338.

Mail entries to:

Fleet Feet Sports

5968 South Yale Ave.

Tulsa, OK 74135-7412

(mail in entries must be postmarked by June 22, 2010)



www.fleetfeettulsa.com

STROLLER 5KM ROLL

The Stroller 5km event is for those runners and walkers wishing to participate while pushing a baby jogger or baby stroller. This event will start separately from the 5km race, at 7:40 am.

PLEASE NOTE THAT THIS IS NOT A RACE, AND THOUGH EACH PARTICIPANT WILL BE TIMED, IT SHOULD NOT BE CONSIDERED AS A COMPETITIVE EVENT. RACING WITH BABY JOGGERS WILL NOT BE TOLERATED. FOR THE SAFETY AND ENJOYMENT OF ALL, ESPECIALLY THE CHILDREN, PLEASE DO NOT ENTER THE STROLLER 5KM ROLL WITH THE INTENT OF ANYTHING OTHER THAN A RELAXING 3.1 MILE WALK OR JOG.

Registration fees will be according to the established 5K fees.

Stroller age children will all receive the #1 as their Race Number and upon crossing the Finish Line will be presented with their very own Fleet Feet Firecracker 5 finisher ribbon. Adults will receive a finisher award. No overall or age group awards will be provided for this special event, only the finisher awards. When filling out the 2010 entry form or registering online, parents MUST provide the names and ages of stroller children that will be participating.

PLEASE BE AWARE THAT BABY JOGGERS AND/OR STROLLERS WILL NOT BE ALLOWED IN THE 7:30 am 5km event.

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FLEET FEET FIRECRACKER 5k July 3, 2010 Downtown Tulsa



5 km run 7:30 am
Stroller 5km Roll 7:40 am
1 km Fun Run 8:30 am
2nd and Frankfort
Blue Dome

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2010 Firecracker 5k Entry Form

Event: (choose one)

5km _____ * Stroller 5km Roll _____ One km Fun Run _____

* Stroller 5km Roll entrants must sign separate waiver to participate

First Name _____

Last Name _____

Age on race day _____ Sex (circle): Male Female

Date of Birth _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Race Walker (circle): Yes No (5 km only)

Clydesdales (>170 lb): Weight _____ (5 km only)

Athena: >145 lb (circle): Yes No (5 km only)

T-shirt Size (circle one) Youth S Youth M Youth L

Small Medium Large XL XXL

Stroller Child #1 _____ Age _____

Stroller Child #2 _____ Age _____

Waiver: 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. I 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 the weather, including high heat and/or humidity and the conditions of the roads, all risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that baby strollers and wheels of any kind (except competitive wheelchairs) animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore I agree not to go back into the course after finishing. 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 waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns, or anyone acting for or 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, or any other record of this event for any purpose. **Minors accepted only with parent or guardian's signature.** No refunds. No makeup rain date. Lost Timing device will be charged to participant. Shirt size not guaranteed.

Signed: _____

Waiver **must** be signed to participate. Participant or guardian

RACE NUMBER

PACKET PICK-UP/PRE-REGISTRATION

Packet Pick-Up / Pre-Registration
FLEET FEET SPORTS 61st & Yale, KingsPointe Village
June 26 through July 2, 2010

ONLINE ENTRIES

Online registration is available at

<http://www.fleetfeettulsa.com>

ELECTRONIC TIMING

Every participant must wear a "Timing Chip" in the 5km event race to receive a time. These Chips can be picked up at the "Chip Pickup Table" on race day. You must wear the chip to be timed. The chips will be retrieved in the corral just after the finish line. If you do not start the race or drop out, we ask you to return your chip to the Registration Area. Failure to return your chip will result in a \$25.00 lost chip charge.

AWARDS - 5 KM RUN

Awards Ceremony begins after completion of the
one km Fun Run

Estimated Time 9:15 am

5 km Awards:

Overall M&F

Overall M&F Masters

Standard age-group (3-deep)

Clydesdale & Athena (3-deep)

Walker M&F (3)



www.fleetfeettulsa.com

ENTRY FEES

5 km Run/Racewalk: (timed, 7:30 am start)

Online: **\$20.00** (closes midnight June 27, 2010)

Mail-In/In Person: **\$20.00** starts Saturday, June 26, 2010 at Fleet Feet through Friday, July 2, 2010

Race Day: **\$25.00**

(race day registration is at Fleet Feet Blue Dome)

NO RACE DAY registration for "free" kids entry!*

Stroller 5km Roll: (timed, 7:40 am start)

Online: **\$20.00** (closes midnight June 27, 2010)

Mail-In/In Person: **\$20.00** starts Saturday, June 26, 2010 at Fleet Feet through Friday, July 2, 2010

Race Day: **\$25.00**

(race day registration is at Fleet Feet Blue Dome)

1 km Fun Run: (not timed, 8:30 am start)

Online: **\$15.00** (+handling fees-closes midnight June 27, 2010)

Mail-In/In Person: **\$15.00** starts Saturday, June 28, 2010 at Fleet Feet.

Race Day: **\$20.00**

(race day registration is at Fleet Feet Blue Dome)

NO RACE DAY registration for "free" kids entry!*

* **Kids 12 and Under:** Free without t-shirt (either 5km or Fun Run must pre-register for event at store or online; no race day registration for this option).

* **Race shirts can be purchased for \$15.00**

Make checks payable to: **Fleet Feet Sports Tulsa**
Register online at www.fleetfeettulsa.com

No Refunds
Shirt Size not guaranteed
No makeup rain date



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