



Friday January 1, 2010 New Year's Day!

**Tulsa Riverparks,
41st & Riverside Drive**

Registration opens 7:30 am
5 km Run 9:00 am
1 Mile Fun Run 9:05 am

LOCATION:

Race starts and finishes at 41st and Riverside Drive.

ABOUT THE EVENT:

Fleet Feet Sports Tulsa is pleased to bring this New Year's Day Race tradition back to Tulsa! The RESOLUTION RUN will be held at Tulsa's beautiful Riverparks starting and finishing near 41st and Riverside Drive. The 5km Run will be electronically timed using the IPICO Sports timing system by Timeline Results.

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 10:00 am.

Benefitting:

St. Judes Heroes Program! In support of St. Jude Children's Hospital

Friday, January 1, 2010

2010 RESOLUTION RUN - Please PRINT Information Below:

Official use only:

Event (check one): 5 km Run 5 km Racewalker** 1 Mile Fun Run

** Racewalk is on your honor and will not be judged.

Name _____ Age on Race Day _____ DOB _____ Gender _____

Address _____ City _____ State _____ Zip _____

Phone _____ T-shirt size (circle one) YM YL S M L XL XXL

Email Address _____

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)

QUESTIONS?

Contact Fleet Feet by calling 918-492-3338. In-store Registration will be at Fleet Feet and will begin on Saturday, Dec 26 through Wednesday, Dec 31 — our store closes at 4pm on New Year's Eve.

RACE:

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

ENTRY FEES:

5 km Run/Racewalk: (timed)

Online: **\$20.00** (+handling fees-closes midnight Dec 27, 2009)
In Person at Fleet Feet: **\$20.00** starts Saturday, Dec 26 2009 at Fleet Feet.

Race Day: \$25.00

1 Mile Fun Run: (not timed)

Online: **\$10.00** (+handling fees-closes midnight Dec 27, 2009)
In Person at Fleet Feet: **\$15.00** starts Saturday, Dec 26, 2009 at Fleet Feet.

Race Day: \$20.00

Note: Add \$2.00 to entry fee for XXL shirt

Make checks payable to:

Fleet Feet Sports Tulsa

Register online at: www.fleetfeettulsa.com

