

2023 GRAPPLERS 5K GALLOP

U.S.A.T. & F. CERTIFIED AND SANCTIONED

DATE: 8:00 a.m. Saturday, September 30, 2023

COURSE – 5k run & fitness walk

Beginning on Little Street in front of Cushing Youth & Community/Aquatic Center, Proceed South on Little Street, East on 9th Street, North on Linwood, West on Broadway, then South on Little Street.

ENTRY FEE:

\$30.00 includes short sleeved T-shirt (register by September 10 for a guaranteed T-shirt).

\$35 Race Day Registration

\$10 Children – 12th Graders – no T-shirt

PRE-REGISTRATION:

Make checks payable to Cushing Takedown Club

Mail to: Cushing Takedown Club
C/O Jamie Ward 1015 S Ridgeview Dr. Cushing OK 74023
Or deliver to THE GYM 1523 E Main St or
The Copper Penny 201 E Broadway St. Cushing

REGISTRATION:

6:30 a.m. until 7:45 a.m. at the Cushing Aquatic Center on the corner of Little and Fifth.

RUN HOTLINE:

Jamie Ward (918) 223-5936

T-SHIRTS

Only those registered by 9/20 are guaranteed to receive the Grappler's 5K Gallop T-shirt.

AGE CATEGORIES:

Overall male, overall female. We will use the U.S.A.T. & F. standard age divisions.

AWARD/PRIZES:

Overall male and female winners receive an award. Each age group winners will receive medals.

SPECIAL AWARDS:

- ❖ **Youngest & Oldest Male & Female Awards.** (Youngest must complete entire 5k yourself)
- ❖ **Parent-Child Award:** Fastest combined time for a parent and 1 child (12 & under)

RUN AWARDS & POST RACE ACTIVITIES:

10:30 a.m. Award Presentation, Amphitheater, Memorial Park
9:00 a.m. – 2:00 p.m. Festival in the Park: The festival features a day of fun & events including Art Show & Sale, children's activities, entertainment groups, live music, food booths, health fair and much more!



Scan QR Code for
Online Registration



Name-Last:	First:	Middle:	Age: (on 9/30/23)
Address	Birth Date:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
City	State	Zip	Phone:(Day) (Night)

Entry Class: \$30.00 any age (includes shirt) \$10.00 Children – 12th Grade (NO SHIRT)
T-Shirt Size: S M L XL XXL **Youth Sizes:** S M L (Limited Number Available)

In consideration of the acceptance of this entry, I the undersigned, assume full and complete responsibility for any injury or accident which may occur to me during the Grappler's 5k Gallop or while I am on the premises of the Grappler's event, and I hereby release and hold harmless the sponsors and all of the persons and entities associated with the Grappler's 5k Gallop from liability for injuries and damages sustained by me whether same be caused by negligence of the sponsors or other persons or entities associated with this event or otherwise. I understand that there is an inherent risk in entering any run in the public domain and I assume the risk. I also agree that I am sufficiently trained for this event. I hereby grant permission to any and all the foregoing to use any photograph, videotape, motion picture or any other record of this event for any purpose whatsoever, including the press as they pertain to this event. I agree to yield right of way to any emergency vehicle or outside traffic that may be on the course at the time before, during or after the run. I understand that no wheeled objects or pets are allowed on the run course. Individuals with stroller may participate but must line up behind all runners at entrance and the stroller cannot cross the finish line. I hereby agree that if the event is canceled due to a storm, rain, winds, inclement weather, or other "Acts of God" conditions, my fee shall be nonrefundable.

Signature: _____ **Date:** _____
(WAIVER MUST BE SIGNED TO PARTICIPATE: IF UNDER 18, PARENT MUST SIGN)

Parent & Child (Child must be 12 & Under) _____
 Group Participation Award (all registrations must be submitted together) _____