2024 GRAPPLERS 5K GALLOP U.S.A.T. & F. CERTIFIED AND SANCTIONED

DATE: 8:00 a.m. Saturday, September 28, 2024

COURSE – 5k run & fitness walk

Beginning on East Ave. The start line is located by the pillars on the NW side of the park by the tennis court/skate park, Proceed North on Little Street, East on Broadway, South on Linwood, West on 9th Street, then North on Little Street, Ending on 5th street in front of the Aquatic Center.

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 Cushing Chamber of Commerce 1301 E Main 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 9/14/2024 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 \$100 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 9/28/24)
Address	Birth Date:		Male	Female	
City	State	Zip	Phone:(Day)	(N	ight)
Entry Class: \$30.00 any ag			dren – 12 th Grade (NC		

T-Shirt Size: \square **S** \square **M** \square **L** \square **XL** \square **XXL Youth Sizes:** \square **S** \square **M** \square **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)_



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Bib #			

Event Name: Grapplers 5K Gallop 2024

Event Location: Cushing, OK 74023

Event Date(s): 9/28/2024

152893 Sanction #:

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- 1. I hereby represent that (i) I am at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.
- I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently 2 dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease (including communicable disease), permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers (as defined in Section 4 below); and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).
- I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA 3 Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
- I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each 4 instance: USATF. its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; law enforcement agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.
- As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, 5. image, photograph, voice, video, athletic performance, biographical and other information (collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent.

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

Participant Name (or Guardian):	Age:	Date of Birth: /	/ Mal	e Female
Minor Name #1:	Age:	Date of Birth: /	/ Mal	e Female
Minor Name #2:	Age:	Date of Birth: /	/ Mal	e Female
Minor Name #3:	Age:	Date of Birth:/	Mal	e Female
Home Address:		Home Tel.: ())	
Team Name	Email Address			