

# 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 9<sup>th</sup> Street, then North on Little Street, Ending on 5<sup>th</sup> 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 – 12<sup>th</sup> 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



<b>Name-Last:</b>	<b>First:</b>	<b>Middle:</b>	<b>Age:</b> (on 9/28/24)
<b>Address</b>	<b>Birth Date:</b>	<input type="checkbox"/> <b>Male</b>	<input type="checkbox"/> <b>Female</b>
<b>City</b>	<b>State</b>	<b>Zip</b>	<b>Phone:(Day)</b> (Night)

**Entry Class:**  \$30.00 any age (includes shirt)  \$10.00 Children – 12<sup>th</sup> 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) \_\_\_\_\_



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

Bib # \_\_\_\_\_

Event Name: Grapplers 5K Gallop 2024

Event Date(s): 9/28/2024

Event Location: Cushing, OK 74023

Sanction #: 152893

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... (ii) I am in good health... (iii) I am not under the influence of alcohol...
2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous...
3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event...
4. I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties...
5. 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, image, photograph, voice, video, athletic performance, biographical and other information...

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...

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... b) The Guardian acknowledges the rights waived by both the Guardian and the participant... c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability...

Participant Name (or Guardian): \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female
Minor Name #1: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female
Minor Name #2: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female
Minor Name #3: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male Female

Home Address: \_\_\_\_\_ Home Tel.: (\_\_\_\_) \_\_\_\_\_
Team Name \_\_\_\_\_ Email Address \_\_\_\_\_

X \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_
Signature of Participant or Guardian Date Signed