



# Triple Crown 2014



Panera Beacon 5k-15k-25k  
March 1st



St Paddy's  
March 15th



Frigid 5 - **rescheduled**  
March 22nd

Mail before 2/21 to: Oklahoma City Running Club, P.O. Box 18113, Oklahoma City, OK 73154  
All three events \$75 Landrunner members \$80 non-members (race day \$85) adults  
\$50 (race day \$65) for 19 & under [Register online @ okcrunning.org](http://okcrunning.org)

Panera Beacon (circle one): **5K** 15K 25K - switching allowed must notify officials before the race.

First Name: \_\_\_\_\_ Sex: \_\_\_\_\_

Last Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Address: \_\_\_\_\_ DOB (mm/dd/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

### Waiver / Release

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Triple Crown, Frigid Five, The Panera Beacon Run, St Paddy's, Edmond Running Club, The OKC Running Club, Frank Willis, timing companies and its affiliates, their agents, employees, officers, directors, successors and assigns, the City of Edmond, City of Oklahoma City, the Park Departments, OKC Water Trust and any and all sponsors, their representatives and successors, that may arise as a result of my participation in Triple Crown Events and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of these events and my physical condition has been verified by a licensed medical doctor. I understand that I am responsible for the return of any rental Champion Chip and agree to pay the replacement fee of \$35 if I fail to return it. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising.

**X** \_\_\_\_\_

Parent or guardian if under 18 years old