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to our sponsors:**

American Cancer Society

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The Runner - OKC

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SWOSU SGA

Twids Sporting Goods

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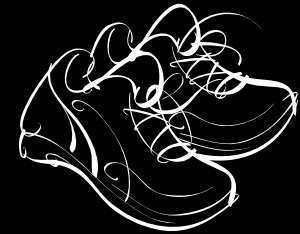
SWOSU Dean of Students Office
100 Campus Drive
Weatherford, OK 73096



TOUGH ENOUGH 5K RUN / WALK



Come support SWOSU in its
first annual charity race!



Saturday, March 8, 2008
Race starts at 9 am

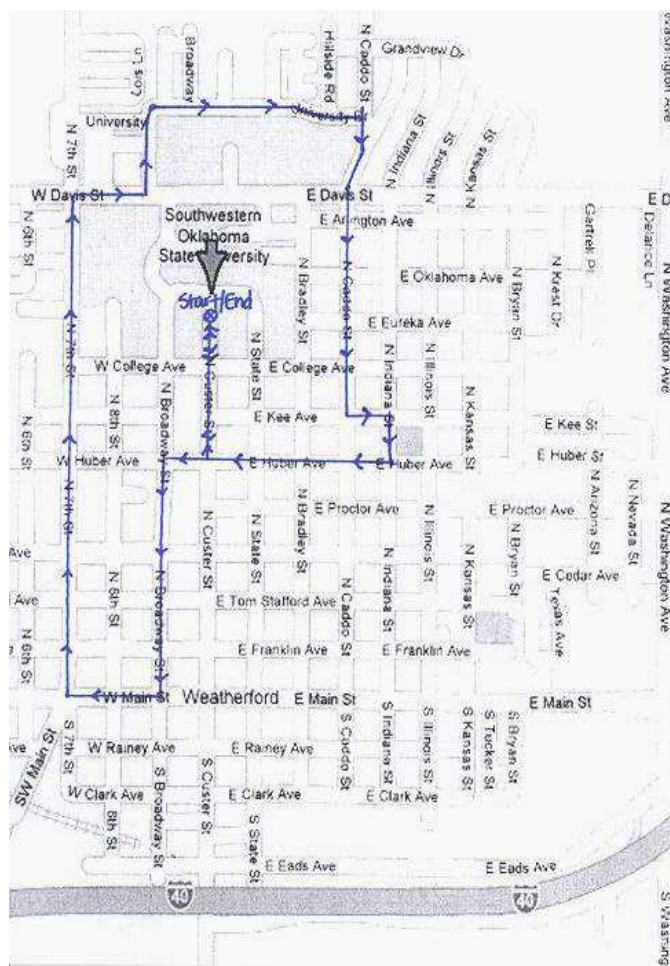
- ♦ The 5K course is USATF certified and the event is sanctioned. Race coordinator is D&G Productions. * **Entry fee is \$20.** Proceeds go to The American Cancer Society's Relay for Life. Race begins @ 9am!
- * **RACE DAY REGISTRATION AND-PACKET PICK UP** 7 to 8:30 am at Bulldog Beanery in the SWOSU Memorial Student Union. Packets will also be available on Friday March 7 at the SWOSU Wellness Center-6 a.m. to 11 p.m. or for OKC participants-*The Runner* (9644 N. May).
- * **All racers**—Be sure your name is on the proper age group list @ the registration table.
- * **There will be a free brunch** for racers afterwards in the SWOSU cafeteria. \$3 for non-runners.
- * **Roads will close** at 7 am race day including all on the map.
- * **Any questions?** E-mail the race director, Kurt at westsk@student.swosu.edu or the dean at cindy.dougherty@swosu.edu.

Awards

- ♦ Twids gift certificate for any pair of shoes will be given to overall male and female 5K runners.
- * All participants will receive a t-shirt and a SWOSU back bag.
- * 50\$ Chamber Bucks will be presented to each male and female 1st placers in all age groups: ages 12 to 70 +—male and female in 5 year incremental age groups.
- * 4 \$50 SWOSU University bookstore gift cards and 5 \$100 Chamber Bucks will also be awarded.
- * Awards will also be given to the top SWOSU organization.

Awards will be presented at the SWOSU Clock Tower

Race Course



Or register at signmeup.com. Keyword = "tough enough"

Revised February 12, 2008

Tough Enough 5k Run/Walk

OFFICIAL ENTRY BLANK

Name: _____ Address: _____

City, State: _____

Zip: _____ Shirt Size: _____ Age: _____

Race Day Phone: (____) _____

ORG. TEAM NAME: (if any): _____

Emergency Contact Phone: (____) _____

Make checks payable to: SWOSU CAB

**Mail completed entry forms to: Dean of Students,
100 Campus Drive, Weatherford, OK 73096.**

WAIVER: I know that participating in a road race is a potentially hazardous activity. I should not enter unless I am medically trained. I also know that although police protection will be provided, there will be a possibility of traffic on the course. I assume any and all other risks associated with participating in this event including, but not limited to fall, contact with other participants, the effects of weather, including extreme heat and wind, and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am 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 onto the course after finishing. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executor, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsor, 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 participation in this event. This release and waiver extend to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Application for minor accepted only with a parent or guardian's signature.

Signature (parent if under 18): _____