



NorthCare Reindeer Run

December 12th, 2009
5k, 10k & mile fun run
9:00am

All proceeds will benefit crisis counseling for children

About the Race: The course is flat and fast! The race will begin at 49th/Meridian, directly south of NorthCare's office building at 4436 NW 50th, and wind through neighbor streets. There will be an intersection crossing at Tulsa leading into Bush Hills neighborhood. The 5k and 10k courses are USATR certified and sanctioned. DG Productions will provide the official timing. There will be water stops at half way point and finish line. We will have split times called, complimentary fruit and medical staff at finish.

Prizes: Awards given for standard age divisions for top three. Additional award for top female & male for 5k and 10k. All race entries received between 11/29/09-12/8/09 will be entered into a hat for prize drawing.

Entry fee: \$20 for preregistration and \$25 day of the race. You can register online with credit cards at www.northcare.com or dgoadracing.com. Onsite preregistration begins November 30th, 2009 from 8am-6pm at 4436 NW 50th, OKC, OK 73112. Registration packets for 5k, 10k and mile fun run will include t-shirts. Cash or check only for onsite or day of race registration. Please make checks payable to: NorthCare.

For the little kids: We will have a free reindeer dash (50 yards) for fun prizes for top 3. Santa will make an appearance as well!

Contact Information: Lisa P. Macias, Chief Reindeer Officer: 405-858-2831 or lisam@northcare.com.

THANKS to our Sponsors: *Platinum: CABA & Cedar Ridge *Gold: Richard Ogden of Mulinix, Ogden, Hall, Andrews & Ludlin *Silver: Bank of Oklahoma, Jean's Plumbing and Ledbetter Insurance.

Reindeer Run Entry Form: December 12th, 2009 Race Start Time 9:00am

Name _____ Age on Race Day _____ DOB ____/____/____ Sex ___F ___M

Address _____ City _____ St. _____ Zip _____

Phone _____ Email address _____

I would like to enter ___1 mile___5km___10km T-shirt Adult Size: S M L XL

Additional donation to children's crisis services: _____ Owner chip # _____

Waiver and Release

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided, there will be a possibility of traffic on the course routes. I assume the risk of participants, the effects of the weather, including all weather extremes and the condition of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that baby strollers, baby joggers, pushed wheelchairs and wheels of any kind, animals, and head phones are strictly prohibited, and I agree not to have them on the course. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge North Oklahoma County Mental Health Center, d.b.a. NorthCare, its affiliates, their agents, employees, officers, directors, successors and assigns, volunteers, DG Productions, the City of Oklahoma City, USATF, and any and all race sponsors, their representatives and successors, 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 participating in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known 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. Applications for minors accepted only with parent or guardian's signature.

SIGNATURE _____ DATE _____

(Parent or guardian must sign if entrant is under 18)

For Official Use Only: Paid: Cash or Check Date Paid: _____ Check # _____ Race # _____