



The Enid Running Club proudly presents the
**2016 TRIANGLE INSURANCE
 GREAT LAND RUN**
 (10K Run; 5K Run/Walk; 10K/5K Virtual Race)
 Due to insurance regulations, ear phones, headsets, roller blades,
 strollers, bicycles and dogs will be prohibited.

DATE / TIME / PLACE Saturday morning, Sept. 17, 2016, 7:30 am in Enid, Oklahoma

Race start / finish line location: Independence Street between Maple and Elm

COURSE DESCRIPTION USATF Certified mildly rolling out-and-back 5K and 10K course.

REGISTRATION / FEES / PACKET PICK UP Participants are encouraged to pre-register either on-line at www.itsyourrace.com or by U.S. mail to Enid Running Club Great Land Run; PO Box 645; Enid, OK 73702. Online registration/pre-registration will be open through Wednesday, September 14th. After September 14th, registration fees will be \$40 for the 5K and \$45 for the 10K. Packet pick up will be Friday, Sept. 16 from 5-7 pm in the lobby of the Triangle Business Center (205 W Maple), Enid, OK, and on the morning of the race from 6 am - 7 am in the Triangle Business Center lobby. Virtual Racers may pick up their medal/bib on either day.

Pre-registration fee is \$35 for the 5K, \$40 for the 10K, \$20 for the Virtual 5K/10K. Kids under 12 are \$30 for the 5K and \$35 for the 10K, ERC Members receive a \$5 discount. Mailed pre-registration forms must be postmarked by September 2nd

T-SHIRTS Pre-registered runners (by September 2nd) will receive long-sleeve tech shirts at packet pickup. Registrations that take place after September 2nd will receive shirts as supplies last following the race. Race day registrants will not receive a shirt. Race shirts not picked up will be released to late registrants following the race.

AWARDS (10K, 5K) Ceremony following the race. Awards to overall Male and Female and three deep in the following age divisions: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 - 54, 55-59, 60 - 64, 65-69, 70-74, and 75 + . *****NEW for 2016*** ALL PARTICIPANTS WILL RECEIVE A FINISHERS MEDAL.** In addition, RRCA awards will be given for overall Male and Female in the following divisions: Open, Master (40+), Grand Master (50+), and Senior Grand Master (60+). Overall winners not eligible for age division awards. Awards **MUST** be picked up by winners. They will **NOT** be mailed.

TIMING AND SCORING Timing will be done by the Enid Running Club. Bib Chips will be included with race packets.

POST RACE CELEBRATION An assortment of food and water for race participants.

INFORMATION Contact race director Torrie Vann at vannj@yahoo.com, (580) 747-6079 or email the Enid Running Club at enidrunningclub@gmail.com

RACE ETIQUETTE We reserve the right to disqualify anyone who displays unsportsmanlike conduct.

2016 TRIANGLE INSURANCE GREAT LAND RUN ENTRY FORM

Please print legibly

First Name _____ Last Name _____

Address _____ City _____ ST _____ Zip _____

Phone (____) _____ - _____ Gender (circle one) Male Female

E-Mail Address _____ Age (as of 09/17/16) _____

Birth date ____/____/____ Race division (circle one) 10K 5K Virtual 10K Virtual 5K

T-shirt (circle one) S M L XL 2XL 3XL For Virtual Racers' medal/bib: _____ Mail to me _____ I will pick up

Enid Running Club Members receive a \$5 Discount. Are you a member of the Enid Running Club? (circle one) Yes No

In case of Emergency, call _____ at phone _____

Athlete's Release: Please read, to participate you MUST sign and date.

Complete and mail to:

Enid Running Club
 Great Land Run
 PO Box 645
 Enid, Oklahoma 73702

Make Checks Payable to:

The Enid Running Club

OR

I know that running and volunteering to work in Enid Running Club races are potentially hazardous activities. I should not enter and run in the Triangle Insurance Great Land Run unless I am medically able and properly trained. I agree to abide by any decision of the race directors relative to my ability to safely complete the run. I assume all risks associated with running / volunteering in this race, including but not limited to falls, contact with other participants, the effects of weather, including high heat, humidity, rain or wind, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts; and in consideration of your acceptance of my application, I for myself, and for anyone entitled to act on my behalf, waive and release The Enid Running Club, The Great Land Run Education Foundation, Triangle Insurance, any and all members thereof and all further sponsors, their representatives, successors from all claims or liability of any kind arising from my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the above groups to use any photograph, motion pictures, video, recordings, or any other record of this event for any legitimate purpose.

Register online:
www.itsyourrace.com

 Athlete's signature if under 18, Parent's signature Date