



The Enid Running Club proudly presents the  
**2019 TRIANGLE INSURANCE  
GREAT LAND RUN**  
(Half Marathon, 10K and 5K)

Due to insurance regulations, ear phones, headsets, roller blades, strollers, bicycles and dogs will be prohibited.

**DATE / TIME / PLACE Saturday morning, Sept. 21, 2019, 6:30 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, 10K, and Half Marathon course.

**REGISTRATION / FEES / PACKET PICK UP** Participants are encouraged to pre-register either on-line at [www.itsyourrace.com](http://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 18th. After September 18th, registration fees will be \$40 (5K), \$45 (10K), and \$70 (half marathon). Packet pick up will be Friday, Sept. 20TH 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 5:30-6:15 am in the Triangle Business Center lobby. Virtual Racers may pick up their medal/bib/shirt on either day.

**Pre-registration fees (by 9/18): \$35 (5K), \$40 (10K), \$65 (HM), \$30 (5K kids 10 & under)**

**Late registration fees (after 9/18): \$40 (5K), \$45 (10K), \$70 (HM)**

**Mailed pre-registration forms must be postmarked by September 6th**

**T-SHIRTS** Pre-registered runners (by September 9th) will receive long-sleeve tech shirts at packet pickup. Registrations that take place after September 9th 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. Half marathon participants will receive an additional Finishers' Shirt.

**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 +.

**AWARDS (Half Marathon)** 011-14, 15-19, 20-29, 30-39, 40-49, 50-59, 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](mailto:vannj@yahoo.com), (580) 747-6079 or email the Enid Running Club at [enidrunningclub@gmail.com](mailto:enidrunningclub@gmail.com)

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

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ BIB # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Gender (circle one) Male Female

E-Mail Address \_\_\_\_\_ Age (as of 09/21/2019) \_\_\_\_\_

Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Race division (circle one) 10K 5K HM

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 \_\_\_\_\_

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

Register online:  
[www.itsyourrace.com](http://www.itsyourrace.com)

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

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.

\_\_\_\_\_  
Athlete's signature

\_\_\_\_\_  
if under 18, parent's signature

\_\_\_\_\_  
Date