



The Enid Running Club proudly presents the
**2020 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. 19, 2020, 6:30 am in Enid, Oklahoma

Race start / finish line location: Washington street, SW corner of the Chisholm Trail EXPO Center (111 W Purdue Ave)

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 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 16th. After September 16th, registration fees will be \$40 (5K), \$45 (10K), and \$70 (half marathon). Packet pick up will be Friday, Sept. 18th 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 parking lot on the SW corner of the Chisholm Trail EXPO Center. Virtual Racers may pick up their medal/bib/shirt on either day.

Pre-registration fees (by 9/16): \$35 (5K), \$40 (10K), \$65 (HM), \$30 (5K kids 10 & under)

Virtual registration fees: (with shirt) \$32 (5K), \$38 (10K), \$52 (HM) (no shirt) \$25 (5K), \$30 (10K), \$45 (HM)

Late registration fees (after 9/16): add \$5 Mailed pre-registration forms must be postmarked by September 4th

T-SHIRTS Pre-registered runners (by September 4th) will receive long-sleeve tech shirts at packet pickup. Registrations that take place after September 4th will receive shirts as supplies last following the race. Race day registrants may not receive a shirt. Race shirts not picked up will be released to late/race day 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 (5K only), 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) Awards to overall Male and Female and three deep in the following age divisions: 14-19, 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, (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.

First Name _____ Last Name _____ BIB # _____

Address _____ City _____ ST _____ Zip _____

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

E-Mail Address _____ Age (as of 09/19/2020) _____

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

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 former 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