



The Enid Running Club proudly presents the
Continental Resources
GREAT LAND RUN
 (10K Run; 5K Run/Walk)

Due to insurance regulations, roller blades, strollers, bicycles and dogs will be prohibited. Use of earphones or headsets strongly discouraged.

DATE / TIME / PLACE Saturday morning, September 12, 2009, 07:30 a.m. in Enid, Oklahoma. Race start / finish line location: Maine Street between Cherokee Strip Conference Center, 123 W. Maine St, Enid, OK and the Enid Public Library.

COURSE DESCRIPTION USATF Certified mildly rolling, loop course; 5K-one loop, 10K-two loops.

REGISTRATION / FEES / PACKET PICK UP Participants are encouraged to pre-register either on-line at www.greatlandrun.com or by U.S. mail to Great Land Run c/o Continental Resources; c/o Kim White; PO Box 1032; Enid, OK 73702. All mailed pre-registration forms must be post marked no later than Saturday, September 5, 2009. On line registration will be open through Monday, September 7, 2009. Packet pick up and late registration will be Friday, September 11 from 12 noon 'til 7:30 pm at Continental Resources, North Tower Lobby, 302 N. Independence, Enid, OK and the morning of the race from 06:00 a.m. 'til 07:00 a.m. in front of the Cherokee Strip Conference Center, 123 W. Maine St, Enid, OK. Pre-registration fee \$20.00. Late registration including day of race fee \$25.00. Kids under 12 fee \$15.00.

T-SHIRTS High quality "tech shirt" with race logo. Pre-registered runners will receive t-shirts on race day. Race day registrants will receive shirts as supplies last or may be picked up at a later date.

AWARDS (10K, 5K) Ceremony following race outside Cherokee Strip Center. Awards to top three finishers overall, 1st place Masters (40+) 1st place grand masters (50 +) 1st place Veterans (60+) male and female. Other awards three deep in the following age divisions – Male and Female: 12 and under, 13 – 19, 20 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 + . 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 Fleet Feet of Tulsa, OK using the Champion Chip Timing System Chips will be distributed at packet pick-up prior to race and will be collected upon completion of the event.

POST RACE CELEBRATION An assortment of good things to eat and drink for race participants.

INFORMATION Contact race director Carl Recher at (580) 234-2820 or email cerecher@aol.com.

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

2009 CONTINENTAL RESOURCES GREAT LAND RUN ENTRY FORM

Name _____ Address _____
 Last _____

City _____ ST _____ Zip _____

First _____ Phone (_____) _____ - _____

Gender (circle one) Male Female E-Mail Address _____

Age (as of 09/12/09) _____
 Birth date Month _____ Day _____ Yr _____ School Affiliation _____

Race (circle one) 10K 5K

Tech shirt (circle one) S M L XL

In case of Emergency, call _____ at phone _____

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

Continental Resources
 Great Land Run
 Attn: Kim White
 PO Box 1032
 Enid, Oklahoma 73702

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 Continental Resources Great Land Run unless I am medically able and properly trained. I agree to abide by any decision of a race official 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 or humidity, rain, 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, Continental Resources, The Great Land Run Education Foundation, The Cherokee Strip Center 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.

Make Checks Payable to:
 The Great Land Run
 Education Foundation
OR

Register online:
[http://getmeregistered.com/
 GreatLandRun](http://getmeregistered.com/GreatLandRun)

 Athlete's Signature

 & if under 18, parent's signature