

“A-OK” 50K/25K (15th Annual)
SUNDAY, MARCH 1, 2009, 8:00 AM
(7:00 AM Start for Slow Runners)

EVENT DESCRIPTION

COURSE: “T shaped” out-and-back course on well-defined private roads through pine and hardwood forest. Enough hills and rocks to prevent boredom.

Start and finish on my property 18 miles from Atoka, Oklahoma (near Stringtown); 3 and 3/4 miles down Farmer Road west off McGee Creek Road. One loop for 25K; two loops for 50K. Seven hour time limit. 50K entrants must finish first loop by 11:30 AM or get credit for 25K. Six aid stations for 25K, 12 aid stations for 50K. Aid stations will have water, electrolyte, colas, fruit, crackers, candy, and cookies.

CHECK IN: Saturday (after 2:00 p.m.) or Sunday (after 6:30 a.m.) Pick up a “used” t-shirt and “freebies”. Campfire if weather permits. Guitars welcome.

CAMPING encouraged, but plan to arrive before dark. Bring your own flashlight. Limited shelter (24' x 30' metal building with concrete floor); outhouse nearby. Dogs on leashes, please. Pasta will be available after 5:00 PM Saturday; coffee, cocoa, and snacks Sunday morning.

INDIVIDUAL AWARDS and jars of local honey to all finishers. Male and female overall and masters 50+ winners of both races will receive a bottle of local Oklahoma wine and FREE ENTRY into next year's races. Early start runners not eligible for age group or winners' awards. Post-race food will include sandwiches, chili, and beverages for runners and their families.

COST: \$25 entry fee by February 14 (\$20 for seniors 60+ and NTTR members); no refunds thereafter. Late fee add \$5. LIMIT 50 RUNNERS TOTAL. Detailed directions, map, and instructions will be mailed upon entry.

Make check payable to Mary Ann Miller, 3217 Greenbriar, Plano, TX 75074.

Phone 972-424-7844 (by noon on Friday); e-mail: mamiller100@verizon.net

WEBSITE: www.nttr.org

HOTELS (on Hwy. 69/75 in Atoka):

Comfort Inn	580-889-8999 (host hotel--\$89 by 2/20)
Atoka Inn (Best Western)	580-889-7381
Thunderbird	580-889-3315
Colonial	580-889-6626
HiWay Inn Express	580-889-5500

Contact me for a list of nearby RV parks and B&Bs

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ENTRY FORM & USATF/OKLAHOMA RELEASE & WAIVER

NOTICE: THIS ENTRY AND RELEASE FORM IS A CONTRACT WITH LEGAL CONSEQUENCES. READ IT CAREFULLY BEFORE SIGNING.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume the risk of encountering wildfires as well as risks associated with running on primitive roads and trails. I assume all other risks associated with running this event including, but not limited to, falls, effects of the weather, and conditions of the road. 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 the USATF/Oklahoma/LDR, race officials, volunteers, and local landowners from any and all claims or liability for death, personal injury or property damage of any kind whatsoever arising out of, or in the course of, my participating in this event. This includes Mary Ann Miller, Mike Evans, Ron Evans, Mike Miller, Lonnie Farmer Jr., Odessa Farmer and all other persons associated with this event. This release and waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown.

SIGNATURE _____ NAME(Print) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE (_____) _____ AGE RACE DAY _____ SEX _____

ENTERING THE 50K _____ OR 25K _____ CAMPING _____

PRE-RACE PASTA _____ POST RACE CHILI _____ NO. IN FAMILY _____

7:00 AM START FOR SLOW RUNNERS _____ E-MAIL _____

MARATHON OR “ULTRA” BEST WITHIN PAST YEAR _____

VOLUNTEER? _____ Aid Station Server (3); will pay \$10

_____ Finish Line Monitor (1-2); will pay \$10

_____ Setup Saturday

_____ Cleanup Sunday

_____ Take Runners' Pictures