

# 4th Annual Cavanaugh Killer 5 Mile Walk/Run Saturday, May 14, 2011



**\*Pre-registration deadline: Wednesday, May 4th, 2011**

**\*Entry Fee: \$20.00 (After May 4th, \$25.00) Entry Fee INCLUDES: Registration, T-Shirt, Backpack, Event Lunch and one (1) ticket to the Pre-Event Spaghetti Dinner. You MUST pre-register by May 4th to receive a t-shirt or backpack. NO EXCEPTIONS!**

May 14th

Check - in: 8:30 am

Run begins: 9:15 am

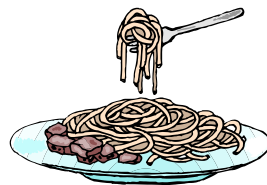
Walk begins: 9:30 am

Beginning Point:

Poteau Primary, 407 Hughes Drive

- Wear comfortable walking shoes & clothing.
- Water will be provided at stations on the way, but participants are encouraged to bring their own.
- Lunch will be provided at the top.
- Transportation will be provided back down the hill.

This is not a race but trophies will be given for 1st, 2nd and 3rd places and for largest group or organization!



## Pre-Event Spaghetti Dinner

Your Entry Fee Includes One (1) Ticket to the Pre-Walk/Run Spaghetti Dinner that will be held at the Lowrey Museum, Friday, May 13, 2011 from 6:00pm to 8:00pm. At this dinner, you can pick up your t-shirts, backpacks and registration information. You can order additional tickets on the back of this sheet.

**Please Read and complete the registration form on the back of this flyer!**

Return Registration Form To:  
Poteau Chamber of Commerce, 201 S. Broadway, Poteau, OK 74953  
or Fax: 918.647.4099  
For questions Contact Shannon 918.647.9178  
Email: adminpoteauchamber@windstream.net

## Entry Form

**PLEASE PRINT CLEARLY \* EVERY PARTICIPANT MUST COMPLETE A FORM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I am Part of a Group/Organization: \_\_\_\_\_

I will be  Walking  Running in the Event (Please mark only one)

### **PAYMENT INFORMATION:**

Make Checks payable to The Poteau Chamber of Commerce

\$20.00  Check  Cash

After May 4 Deadline: \$25.00  Check  Cash

### **PRE-EVENT SPAGHETTI DINNER**

Your entry fee **includes** one **(1)** ticket to the pre-walk/run Spaghetti Dinner that will be held on Friday, May 13th, 2011 at the Lowrey Hotel, Downtown Poteau, Oklahoma. At the Spaghetti Dinner you may pick up your t-shirts, backpack and registration information. Additional tickets are \$6.00 each.

I WILL BE attending the Spaghetti Dinner  I WILL **NOT** BE attending the Spaghetti Dinner

Along with my entry fee, I have enclosed \$ \_\_\_\_\_ for \_\_\_\_\_ additional tickets to the Spaghetti Dinner.

Total # Attending: \_\_\_\_\_

### **T-SHIRT INFORMATION (Please mark shirt size, or one will NOT be ordered for you)**

**ADULT SIZES:**  Small  Medium  Large  X-Large  \_\_\_\_\_ (OTHER SIZE)

**YOUTH SIZES:**  Small  Medium  Large  X-Large  \_\_\_\_\_ (OTHER SIZE)

### **TRANSPORTATION INFORMATION**

For the safety of the participants, we ask that you please do not drive personal vehicles to the top of the hill or that you do not call and ask for personal transportation back down the hill. We will have 4 busses that will be providing transportation from the top back to the Elementary School. We apologize for the inconvenience but appreciate your cooperation.

### **Disclaimer of Liability.**

Disclaimer of liability. Before beginning the walk/run, all participants should carefully determine that they are physically fit and medically able to participate in the annual walk/run since the physical strain of the walk/run could lead to serious health problems. Participants should also understand that walking/running involves risks of injury from falls due to the surface condition of the hill, contact with other participants, and the effects of weather, including heat and/or humidity. THE POTEAU CHAMBER OF COMMERCE, THE CITY OF POTEAU, LEFLORE COUNTY AND ALL THEIR RESPECTIVE EMPLOYEES, AGENTS, VOLUNTEERS AND SPONSORS ARE NOT ASSUMING ANY OBLIGATIONS WITH REGARD TO SUCH RISKS AND SPECIFICALLY DISCLAIM ANY AND ALL LIABILITY ARISING FROM ANY WALKER'S/RUNNER'S PARTICIPATION IN THE ANNUAL WALK/RUN.

\_\_\_\_\_  
Signature of Participant (**Parent or Guardian for those 18 & Under**)