



MAY THE THOR BE WITH YOU 5K & FUN RUN

May 4th, 2024 – Heavener Runestone Park
18365 Runestone Rd, Heavener, OK 74937

Race Information

This Park Fun Run is unique and challenging, a 5K with uphill and downhill phases. Come test your running skills and endurance at the historic Heavener Runestone Park on top of Poteau Mountain. This race is a park fundraiser hosted by Friends of Heavener Runestone, Inc. a 501c3 organization – all proceeds and donations support the Runestone Park operations and maintenance. Each entry will receive a Race T-shirt and

participation award (while supplies last) - Place trophies for 1st, 2nd, & 3rd place will be awarded in 4 categories: 5K Run Adult Men (18 & up), 5K Run Adult Women (18 & up), 5K Run Kids (age 12-17), 5K Walk Adult. The awards ceremony will be held at the Overlook after the race is completed.

- **Race Date:** Saturday May 4th, 2024
- **Check-in Time:** 7:30am – 8:30am
- **Start Time:** 9am
- **Location:** 18365 Runestone Rd, Heavener, OK 74937
- **5K Race Entry Fee:** \$35.00
- **Fun Run Entry Fee:** \$25.00 (no competition or trophy award)
- **Contact Details:** 918-653-2241 Park Phone
 - **Website:** heavenerrunestonepark.com
 - **Email:** fhrunestone@gmail.com
- **Registration & Payment:** Complete the registration form and return it by email to the host. A payment link will be sent after receiving the form. You will be able to make payment online or you can bring the registration form and payment by the park gift shop & welcome center.
- **Course Description:** This race will start and end at the Park Overlook. It will start out going downhill and turn right at the restroom house toward the Amphitheater and continue uphill around the camp loop road. Then you will again turn right and continue all the way down the hill to the main Park Entrance Gate that T's into Morris Creek Rd. There you will turn around and head right back up the hill, a challenging uphill climb and turn left at the restroom house and pass the Amphitheater, and once again complete the camp loop road and end at the finish line at the Park Overlook. This route will complete a full 5K challenging run!

Registration Form

First name: _____

Last name: _____

Age on race day: _____ Gender: Male Female

Email: _____

Phone: _____

Street address: _____

City: _____ State: _____ Zip: _____

Choose a race to enter:

5K Run Adult Men (age 18 & up) 5K Run Adult Women (age 18 & up)

5K Walk Run Kids (age 12 to 17) 5K Walk Family / Kids Fun Run

T-shirt size:

XS S M L XL XXL

For Race Staff Only:

Race Day Bib Number: _____

Race Waiver

I know that running or walking a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Friends of Heaver Runestone, Inc., and the Fun Run "May the Thor be With You", staff and volunteers and the City of Heavener and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of 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. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

By checking this box, I agree to the waiver above

Full Name (Parent/Guardian if under 18) _____

Signature (parent/guardian if under 18): _____

Date: MM / DD / YYYY