

## ELECTRONIC TIMING

The 5k and 10k run will be timed using electronic timing. All runners in these races will need to wear a bib tag timing device on their race bib number in order to receive a time and finish result. Your bib tag will already be attached to your race bib number. Please attach your race bib number to the FRONT of your shirt. Bib tags are for one time use only.

## COURSE INFO

The 5k and 10k races are certified by USA Track & Field. The courses wind through Mohawk Park and end inside the Tulsa Zoo. The Ascension St. John Fun Run takes place entirely on zoo grounds. For a map of the courses, go to [tulsazoo.org/run](http://tulsazoo.org/run)

## PARKING INFO

You MUST be inside the Mohawk Park gates and parked by 8:20 am. The gates close at this time for the safety of the runners. No exceptions and no refunds will be given due to late arrival. Gates will reopen at 10 am.

For an alternate route to our parking lots, check your registration packet or visit [tulsazoo.org/run](http://tulsazoo.org/run).

**Please allow at least 20 extra minutes to your normal drive time for race day traffic.**

## HOSPITALITY & AWARDS

Join us by the H.A. Chapman Event Lodge for the post-race hospitality party, which will include Ascension St. John family activities, entertainment, beverages and treats from Tulsa-area spots. Awards will be given following the conclusion of each race.

### Medals will be awarded to:

- 5k and 10k race finishers
- The top three male and female overall finishers in the 5k and 10k races based on Open and Masters competition
- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place teams
- The top three male and female finishers for the 5k and 10k races in the standard age groups\*

➔ Medals for top finishers in standard age groups will be mailed after the race results are official.

## OFFICIAL RESULTS

Official results for the 50th Annual Ascension St. John ZooRun presented by CommunityCare will be posted on [tulsazoo.org](http://tulsazoo.org) on Mon., Oct. 7, 2019 by noon.

## RACE DAY

**Saturday, October 5, 2019**

- 7:00 am — Registration/packet pick up
- 7:30 am — Pre-Race Warm-Up and Rally
- 8:00 am — Ascension St. John 1-mile Fun Run begins
- 8:20 am — GATES CLOSE, all cars must be in the park.**
- 8:30 am — 5k begins
- 9:00 am — 10k begins

➔ Until 10am, families can enter the zoo for free to cheer on runners at the finish line. No re-entry.

## REGISTRATION

**Online** [tulsazoo.org/run](http://tulsazoo.org/run)

**In Person** Tulsa Zoo Admissions Office or race week at New Balance Tulsa in Utica Square

**Mail** Tulsa Zoo/ZooRun  
6421 E. 36<sup>th</sup> Street North  
Tulsa, OK 74115

Entry Fees	Pre-register before 9/29	Race Week 9/29-10/4	Race Day 10/5
5k/10k	\$30	\$35	\$40
Ascension St. John Fun Run	\$25	\$25	\$30
T-shirt only	\$20	\$20	\$20

➔ Strollers & wagons allowed in Fun Run and 5k run. Please stage yourself at the back of the pack.

Only runners registered prior to September 28 are guaranteed a t-shirt. Otherwise, all t-shirts and t-shirt sizes are available on a first come, first serve basis. Register early to get your limited edition t-shirt!

### Packet Pick Up / Last-Minute Registration

New Balance Tulsa in Utica Square

Wed., October 2 - Fri., October 4 ..... 10 am-7 pm

Tulsa Zoo

Sat., October 5..... 7 am-8 am

## CORPORATE AND TEAM COMPETITION

Teams must consist of at least five members. Team name must be listed on entry form. Packets will be available on dates listed above for individual pick-up.

**QUESTIONS?** 918.669.6224 | [sbowen@tulsazoo.org](mailto:sbowen@tulsazoo.org)

 **Ascension  
St. John**

  
**ZooRun**

PRESENTED BY  CommunityCare™

**OCTOBER 5  
TULSA ZOO**

TITLE SPONSOR  **Ascension  
St. John**

PRESENTING SPONSOR  CommunityCare™

PACKET PICK-UP SPONSOR **New Balance Tulsa**

INDIVIDUAL SPONSOR **Linda Brown - real estate**

# ENTRY FORM

**Entry Fees**

	Pre-register before 9/29	Race Week 9/29-10/4	Race Day 10/5
5k/10k	\$30	\$35	\$40
Ascension St. John Fun Run	\$25	\$25	\$30
T-shirt only	\$20	\$20	\$20

Participant 1 - \$ \_\_\_\_\_  
 Participant 2 - \$ \_\_\_\_\_  
 Participant 3 - \$ \_\_\_\_\_  
 Participant 4 - \$ \_\_\_\_\_  
 Total - \$ \_\_\_\_\_

(OPTIONAL) I would like to include a donation of \$ \_\_\_\_\_

Participant 2 - \$ \_\_\_\_\_

Participant 3 - \$ \_\_\_\_\_

Participant 4 - \$ \_\_\_\_\_

Total - \$ \_\_\_\_\_

(OPTIONAL) I would like to include a donation of \$ \_\_\_\_\_

## Payment Method

Cash  Check (payable to Tulsa Zoo/ZooRun)

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

## Waiver

I know that running a road race is a potentially hazardous activity. I am also aware that this waiver applies to sanctioned races and the Fun Run. I represent, state and declare that I am in proper physical condition to participate in ZooRun. I also know that although police protection will be provided, there will be a possibility of traffic on the course. I assume the risk of running in traffic. I agree to yield to all emergency vehicles. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, and the conditions of the roads, all such risks being known and appreciated by me. I am fully aware that pushing, pulling, dragging, wearing, carrying, or leading anything or anyone is strictly prohibited, including pushed wheelchairs, roller blades, skateboards, wheels of any kind (except competitive wheelchairs), animals, flags, and headphones. I agree not to have them on the course. Strollers and joggers are permitted in the Fun Run and 5k race only. I am fully aware that it is a fraudulent act to buy, sell, switch, or in any way wear someone else's number or allow anyone to wear my number. I agree not to go back onto the course after finishing the race. I agree not to hold hands, embrace, or touch other participants. I understand that ZooRun may be canceled in the sole judgment and discretion of TZMI due to rain, snow, sleet, hail, lightning, heat, civil disturbance, or other circumstances.

Knowing these facts, and in consideration of your accepting my entry, I hereby claim myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive and release and discharge any and all race sponsors, officials, volunteers, local and state police, Tulsa Zoo Management, Inc., City of Tulsa, officers, employees, agents, or any of the foregoing, including any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen. The undersigned further grants full permission to sponsors and or agent authorized by them to use any photographs, video, recordings, or any other record of this event for any purpose. Minors are accepted only with a parent or guardian's signature.

By checking this box I agree to the waiver and that I am 18 or older. I have the authority to register these participants and agree to the waiver for them.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Register up to 4 participants by completing the information below.

### Participant #1

Race # \_\_\_\_\_  
(official use)

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Age (as of 10/05/19) \_\_\_\_\_ Birthday(mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_

Event Ascension St. John Fun Run 5K 10K T-shirt only

**T-shirt size** Circle one. Guaranteed ONLY if you register before 9/28.

ADULT: **S M L XL XXL**

YOUTH: **S** size 4-6 **M** size 6-8 **L** size 10-12

### Contact Information

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email Address \_\_\_\_\_

### Participant #2

Race # \_\_\_\_\_  
(official use)

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Age (as of 10/05/19) \_\_\_\_\_ Birthday(mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_

Event Ascension St. John Fun Run 5K 10K T-shirt only

**T-shirt size** Circle one. Guaranteed ONLY if you register before 9/28.

ADULT: **S M L XL XXL**

YOUTH: **S** size 4-6 **M** size 6-8 **L** size 10-12

### Contact Information Check if same as Participant #1.

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email Address \_\_\_\_\_

### Participant #3

Race # \_\_\_\_\_  
(official use)

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Age (as of 10/05/19) \_\_\_\_\_ Birthday(mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_

Event Ascension St. John Fun Run 5K 10K T-shirt only

**T-shirt size** Circle one. Guaranteed ONLY if you register before 9/28.

ADULT: **S M L XL XXL**

YOUTH: **S** size 4-6 **M** size 6-8 **L** size 10-12

### Contact Information Check if same as Participant #1.

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email Address \_\_\_\_\_

### Participant #4

Race # \_\_\_\_\_  
(official use)

Name \_\_\_\_\_

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Age (as of 10/06/18) \_\_\_\_\_ Birthday(mm/dd/yyyy) \_\_\_\_\_ Gender \_\_\_\_\_

Event Ascension St. John Fun Run 5K 10K T-shirt only

**T-shirt size** Circle one. Guaranteed ONLY if you register before 9/28.

ADULT: **S M L XL XXL**

YOUTH: **S** size 4-6 **M** size 6-8 **L** size 10-12

### Contact Information Check if same as Participant #1.

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email Address \_\_\_\_\_