

# AMONG FRIENDS 5K & Fun Run

**Proceeds will benefit  
AMONG FRIENDS...an activity  
center for Adults with special  
needs & disabilities.**

**SUNDAY, OCTOBER 19**

**5K Run starts at 5:00PM**

**1K Fun Run registration starts at  
5:30pm, run time is 6:00pm. The Fun Run is a  
fun course for anyone including walkers and  
wheelchairs.  
No pets, or bicycles.**

Race starts at the Community Services Building  
**1183 East Main Street in Norman.**  
South Side of Building on Service Road.  
(Main entrance & Parking is off of 12th Street  
across from Eastside Wal-Mart)

Entry fees: \$15.00 for pre-registered runners  
\$20.00 for race-day registration  
(T-shirts provided to all participants)

**Online Registration** at [www.signmeup.com/61759](http://www.signmeup.com/61759)  
Registration & Check-In begins at 3:00pm...follow the signs.

**Course is USATF/Oklahoma/LDR  
Certified and sanctioned 5K flat  
course with accurate splits each kilometer.**

For more information or to register call:

**Contact person: CATHE FOX  
405-364-8118**



## Prizes

First, Second, Third  
Place prizes.  
Water supply stops,  
and snacks.

**Sponsored by:  
AMONG FRIENDS  
&  
KREF RADIO**

Oklahoma Orthopedics &  
Sports Medicine

American Pallet  
Manufacturing Company

Norman Bloom Farms

First American Bank

Therapy in Motion

Vernon L. Smith &  
Associates, Inc.

**ACTIVITIES INCLUDE:**  
Barbecue sandwiches & drinks from  
**VAN'S BBQ.**  
Fun Walk for people with special  
needs, buddy walks, and games.

### Mail form & \$15 entry fee to:

Cathe Fox  
Among Friends Activity Center  
4101 Heritage Place Dr.  
Norman, OK 73072

405-364-8118  
Fax: 405-364-1204  
Email: [cathefox@cox.net](mailto:cathefox@cox.net)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

5K Run \_\_\_\_\_  
FUN Run \_\_\_\_\_  
(Check one)

T-shirt Size: S M L XL XXL

Male \_\_\_\_\_ Female \_\_\_\_\_  
(Circle one) Age on race day \_\_\_\_\_  
Date of Birth: \_\_\_\_\_

**Waiver:** In consideration of my entry acceptance in the  
Among Friends 5K Run, I do hereby for myself, my executors,  
administrators, assignees release and discharge Among  
Friends and other sponsors and officials for all claims of  
damages, demands, actions whatsoever in any manner arising  
or growing out of my participation in said athletic event. I  
attest and verify that I have full knowledge of the risks  
involved in this event and I am physically fit and sufficiently  
trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or guardian if participant is under 18)