

Oklahoma Trail Runner's Association

Presents

The Winter Solstice Half Marathon 2007

December 15th, 9:00am

Join us for 13.1 miles of fun at Bluff Creek Trails (NW corner of Hefner and Meridian) at Pat Murphy Park. This is a 2 loop course on a somewhat challenging course with more roots than rocks. And the most unique Finisher's Medals yet!

The aid station at the Start/Finish area will be fully stocked. Two unmanned aid stations on the course will have water and Gatorade. Runners are encouraged to carry their own water bottle.

Timing done by: Katharine's Watch - meaning no timing chips and keep your own splits!

Fun Prizes - but not necessarily to those who reach the Finish Line first.

Come have fun and celebrate the start of Winter.

Pre-registration encouraged to help us plan for the event. \$5.00 entry fee

Mail entry fee and registration form to: Katharine Cranwell 3421 NW 25th Street, OKC, OK 73107

For more information see oktrailrunning.com or email cranwell@cox.net , or call (405) 946-7783

Name _____

Email _____

Emergency Contact _____ Phone _____

I understand that running, racing and sprinting can be hazardous to my health. I have trained for this event. Should an injury occur, I will not hold Oklahoma Trail Running Association, Bluff Creek Trails, The City of Oklahoma City or any other entity involved with this event responsible. I am fully responsible for my actions and any consequences that may occur during this event.

Signature _____ Date _____