

COURSE

The 5K race is open to all runners of all ages and abilities. The race is scheduled to begin at 4:45 p.m. so participants can experience the illuminated park. The course is certified by **USA Track and Field** as accurately measured. The course begins and ends at the bottom of Honor Heights Park and winds through the beautiful Garden of Lights. The course is gently rolling with one steep climb and descent just before and after the turn around.

USATF Certified Course

OK-110008-DG

Runners eligible for State and National Records and Rankings

The 1K will start shortly after the 5K. This course is a loop that begins and ends at the foot of the park.

LOCATION/DIRECTIONS

Back entrance to Honor Heights Park, Muskogee, OK

From the West: Take SH 51 East towards Muskogee. Take the Muskogee Exit from the Muskogee Turnpike and turn south (right) on Hwy. 69. Turn west (right) on Okmulgee St. Turn north (right) on 48th St. The park will be on the right. Please use second entrance into the park.

From the North: Take Hwy. 69 South. Turn west (right) on Okmulgee St. Turn north (right) on 48th St. The park will be on the right. Please use second entrance into the park.

From the East: Take Hwy. 62 to Hwy. 69. Turn south (left) on Hwy. 69. Turn west (right) on Okmulgee St. Turn north (right) on 48th St. The park will be on the right. Please use second entrance into the park.

From the South: Take Hwy. 69 North. Once in Muskogee, turn west (left) on Okmulgee St. Go to 48th St. and turn north (right). The park will be on the right. Please use the second entrance.

All proceeds will benefit Veterans' programs at the Jack C. Montgomery VA Medical Center in Muskogee

AWARDS

There will be a CASH PRIZE for the first male and female to break the existing course records (shown below):

Male: Greg Rouault – 15:51 (2006)

Female: Siri Alfheim - 17:38 (2002)

❖ Prize purse based on years of unbroken record and total number of entrants per gender per year.

5K – Custom Holiday Ornaments, decorated with the official Garden of Lights 5K Road Race logo, will be awarded to the first three male and females in each age group.

1K – Ornaments will be awarded to the top three male and female overall winners.

DOOR PRIZES

Don't leave after the run. Stick around for door prizes after the winners are announced!

AGE GROUPS

8 and under, 9-12, 13-15, 16-19, 20-24...and so on, in five-year increments to 70+ female and 75+ male. There are currently no weight divisions.

EARLY PACKET PICK UP

Race packets containing race number and t-shirt, can be picked up on race day beginning at 2 p.m. at the North Shelter in Honor Heights Park. For more information, contact Race Director Nita McClellan at (918) 577-3704 (after hours & weekends (918) 577-7960) or by e-mail benita.mcclellan@va.gov.

REFRESHMENTS

Enjoy chili, hot chocolate, coffee and water after the race.

REGISTRATION FORM

Official Use Only

Race #

NAME: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

PHONE: _____ AGE ON RACE DAY: _____

GENDER: M _____ F _____ EVENT: 5K _____ 1K _____

T-SHIRT SIZE: S M L XL (Circle one)

Early Registration Fee w/long-sleeve t-shirt = \$20

Registration Fee on day of run = \$25; without t-shirt = \$20

Make checks payable to: **Veterans Garden of Lights Run**

Mail registration form and entry fee to:

Jack C. Montgomery VA Medical Center
Attn: Nita McClellan
1011 Honor Heights Dr.
Muskogee, OK 74401

WAIVER AND RELEASE (must be signed to participate):

I, the undersigned, in consideration of my entry in the Veterans' Garden of Lights 5K Road Race to be held Dec. 15, 2012 at 4:45 p.m. and acting for myself, my heirs, personal representatives and assignees, do hereby waive and release any and all claims and damages I may have against the Jack C. Montgomery VA Medical Center and all participating sponsors and supporters for all claims, suits of law or equity for any injury or otherwise, which may result directly or indirectly from myself traveling to or from, or my participation in, said contest. I also agree that the above mentioned organizations shall not be responsible for any loss of personal property which might occur while I am traveling to or from, or participating in, said contest.

Signature _____ Date _____

Parent's signature if a minor _____ Date _____

**Muskogee Rehabilitation & Sports
Medicine proudly presents**



December 15, 2012
Honor Heights Park
Muskogee, OK
4:45 p.m.

Sponsored by
Jack C. Montgomery VA Medical Center's
Voluntary Service