

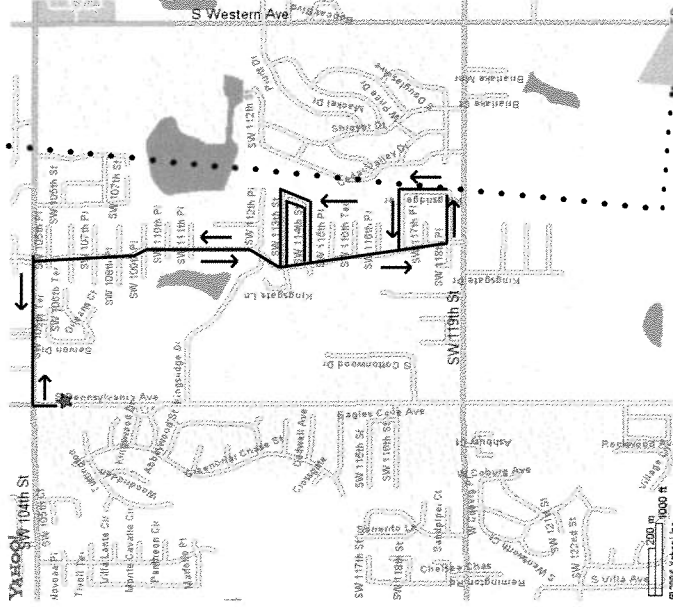


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**Race Map**



Race course goes through the Kingsridge neighborhood.

*This is a USATF Sanctioned Race. Course is 5 km certified. OK-05016-BB*

**INTEGRIS**  
**JIM THORPE**  
*Rehabilitation*  
 HOSPITAL

**2006**  
**Châtenay Square 5k**  
**1-Mile Family Fun**  
**Run/Walk &**  
**Wheelchair Division**

*Saturday, May 6*  
 9:00 a.m.



**2006**  
**Châtenay Square 5k**  
**1-Mile Family Fun Run/Walk**  
**& Wheelchair Division**

For more information and/or entry forms visit:  
[www.signmeupsports.com](http://www.signmeupsports.com)  
 (look under the 'running' section)

**WHO**  
 INTEGRIS Jim Thorpe Rehabilitation Hospital

**WHEN**  
 Saturday, May 6, 2006 at 9:00 a.m.

**WHERE**  
 Châtenay Square at SW 104th and  
 Pennsylvania

**DISTANCE**  
 Wheelchairs—9:00 a.m. start  
 1-Mile Run/Walk & 5K Race—9:05 a.m. start  
 Kiddie Dash! - approximately 10:00 a.m. start  
 Awards to follow Kiddie Dash

**REGISTRATION**  
 There are three ways to enter:  
 1. Complete and mail in attached entry form  
 2. Register at a packet pick-up time (Thursday, May 4, Friday, May 5th or on race day). See below for details. No credit cards.  
 3. Register online at [www.signmeupsports.com](http://www.signmeupsports.com)

**ONLY PRE-REGISTERED ENTRANTS ARE GUARANTEED T-SHIRTS.** Limited quantities of t-shirts will be ordered based on pre-registration. There will be no re-order when items run out. Register early!

**PACKET PICK-UP**  
 1. Thursday, May 4, 5:00 to 7:00 p.m. at Panera Bread (NW Expressway & Lake Hefner Parkway)  
 2. Friday, May 5, 5:00 p.m. to 7:00 p.m. at Panera Bread (SW 104th and Penn)  
 3. Race day registration from 7:00 a.m. to 8:30 a.m. at Panera Bread (SW 104th and Penn).

**AWARDS**

5K Run: Overall Male/Female, Overall Master's Male/Female, Top 3 in each age group: 12 and under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+  
 Wheelchair Division: Overall Male/Female.

**FOOD/REFRESHMENTS**

Food and drinks will be available after the race for participants and volunteers.

**VOLUNTEERS**

Volunteers are what make these events happen. If you have friends and family that can volunteer, please contact Susan Shepard at (405) 644-5376 to sign up. T-shirts and refreshments will be provided to the volunteers.

**QUESTIONS/ADDITIONAL INFORMATION**

Additional information is available at:  
[www.signmeupsports.com](http://www.signmeupsports.com)  
 Or contact the race directors at:  
**Susan Shepard (405) 644-5376**  
**Jeffrey Kragh (405) 949-3428**

All proceeds from the race benefit the INTEGRIS Jim Thorpe Rehabilitation Hospital Patient Assistance Fund.



*Châtenay Square 5K*  
*Official Entry Form*

INDIVIDUAL EVENTS	Price
<input type="checkbox"/> Adult 5K Run/Walk & Wheelchair	\$20.00
<input type="checkbox"/> Adult 1-Mile Run/Walk	\$20.00
<input type="checkbox"/> (15 & under) 5 km Run/Walk/Wheelchair	FREE*
<input type="checkbox"/> (15 & under) 1-Mile Run/Walk	FREE*

**T-Shirt Sizes**

Adult: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_  
 Child: S \_\_\_ M \_\_\_ L \_\_\_  
 Total: \_\_\_\_\_

Last Name: \_\_\_\_\_  
 First Name: \_\_\_\_\_  
 Street: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: ( \_\_\_ ) \_\_\_\_\_  
 Male \_\_\_ Female \_\_\_ Age \_\_\_\_\_  
 DOB(mm/dd/yyyy) \_\_\_\_\_  
 E-mail: \_\_\_\_\_

\* INTEGRIS Health and the Jim Thorpe Rehabilitation Hospital support the KPF (Kids Participate Free) program. With every paid adult participant, two children 15 and under may participate for free. T-shirts will be available for purchase to those participating in the KPF.

If you have a disability for which you need to request an accommodation please visit [www.usnif.org/about/legal/policies/ADA.asp](http://www.usnif.org/about/legal/policies/ADA.asp) and follow all applicable requirements to obtain consideration. It generally takes six weeks from the receipt of all relevant documentation to evaluate such requests.

**RAIN or SHINE**  
**ABSOLUTELY NO REFUNDS**

**POSITIVELY NO DOGS OR ANIMALS OF ANY KIND ON THE COURSE. EXCLUDING THE WHEELCHAIR RACE, POSITIVELY NO WHEELS OF ANY KIND INCLUDING BABY STROLLERS AND BICYCLES.**

Mail checks & entry forms to:  
**INTEGRIS Jim Thorpe Rehab**  
**Attn: Susan Shepard**  
**Châtenay Square 5K**  
**4219 S. Western**  
**Oklahoma City, OK 73109**

Please make checks payable to  
**INTEGRIS Jim Thorpe Rehab**