



FOR IMMEDIATE RELEASE

Date: February 8, 2011 Contacts: Donna Ham, PR Director
Special Olympics Oklahoma
918-481-1234 or 918-694-4483

29th Annual St. Patrick's 5K Run

Tulsa, Okla. The 29th Annual St. Patrick's 5K Run event is scheduled for Saturday, March 12 in Brookside and begins at 8:30 a.m. at 43rd and Peoria, Tulsa, Okla. More than 2,000 runners are expected to compete in the 5K Run. Proceeds from the run will benefit Special Olympics Oklahoma and Tulsa Running Club.

8:30 am	One Mile Fun Run
9:00 am	Special Olympics Exhibition Run
9:15 am	St. Patrick's 5K Run

The awards ceremony and prize giveaway will be held immediately following the 5K run (approximately 10:15 a.m.). Tulsa Running Club will award a \$500 bonus for a new state open 5K record. Current records are 13:51 for male and 16:06 for female.

The registration fee is \$25. All registered runners will receive a T-shirt with their registration. In person registrations will be accepted at RunnersWorld, 4329 South Peoria, Tulsa, Okla. Registrations will also be available on race day. For more information about the 29th Annual St. Patrick's 5K Run, please contact Derek Cain at 918-481-1234 or visit www.sook.org.

Contacts:
Shawna Simpson, President
Tulsa Running Club
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St. Patrick's 5K Committee
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[Special Olympics Oklahoma](#)

The Mission of Special Olympics is to provide a year-round program of sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. Today 9,500 Special Olympics Oklahoma athletes participate in more than 120 sports competitions and training clinics every year. Competition is offered in 15 official sports. There are thousands of volunteer opportunities available. Visit www.sook.org or call 918-481-1234 for more information.

[Tulsa Running Club](#)

The Tulsa Running Club was established in 1970 and has more than 800 members. The club is led by a board of directors consisting of 23 volunteers plus a president. For the Tulsa community, TRC directs or assists in directing a number of races, a track program, Tulsa Run training runs, training of new runners and aquarunning classes. For members, the club also hosts an annual Winter Banquet, Summer Picnic, social runs, happy hours and produces a monthly newsletter. Visit www.tulsarunningclub.com for more information.