



FOR IMMEDIATE RELEASE

Date: January 19, 2012 Contacts: Donna Ham, Marketing Director
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30th Anniversary of the St. Patrick's Day 5K Run

Benefiting Special Olympics Oklahoma and Tulsa Running Club

Tulsa, Okla. The 30th Anniversary of the St. Patrick's Day 5K Run event is scheduled for Saturday, March 17 in Brookside and begins at 8:30 a.m. at 43rd and Peoria, Tulsa, Okla. More than 2,600 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 Day 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 Tech Shirt with their registration (for the first 2,500 runners). 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 30th Anniversary St. Patrick's Day 5K Run, please contact Derek Cain at 918-481-1234 or visit www.sook.org.

The St. Patrick's Day 5K Run is a family friendly event with a Kid Zone featuring inflatables, face painting, free chocolate milk and the video game trailer free to the kids following the race.

The presenting sponsor of the St. Patrick's Day 5K Run is Runners World Tulsa. Other sponsors include Bank of Oklahoma, Cox Communications, Monster Energy and Tulsa People Magazine, Southwest Dairy Farmers, Rib Crib, Brookside Cleaners, Resource One, Michelob Ultra, Whole Foods Market and Todd C. Welsh.

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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 16 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.