

INTERNATIONAL PANCAKE DAY RACE
(WOMEN – AGES 18 & OVER)

OFFICE USE ONLY
YEAR: _____
Chip Timer # _____

NAME _____ AGE _____

ADDRESS _____

PHONE _____ OTHER PHONE _____

EMAIL _____

EMERGENCY CONTACT _____ RELATIONSHIP _____

PHONE _____

“I hereby agree to conform to and comply with the rules governing this contest of the INTERNATIONAL PANCAKE RACE, Liberal, Kansas and I further agree to hold blameless the INTERNATIONAL PANCAKE DAY of LIBERAL, INC., the RACE COMMITTEE, and others connected with this contest, for any loss or injury to myself or property in which I may become involved by reason of participation in this contest.”

“I also agree, that in the event I am the winner of the INTERNATIONAL PANCAKE RACE, Liberal, Kansas, I will accept no personal appearances outside of Liberal, nor will I run in any other PANCAKE RACE for ONE YEAR subsequent to winning this year’s International Pancake Race without first receiving consent and sanction of the INTERNATIONAL PANCAKE DAY of LIBERAL, KANSAS, INC., BOARD of DIRECTORS.”

“I have received a copy of the rules today.”

Signature of Contestant **Today’s Date**

E-mail address

RULES COMMITTEE
INTERNATIONAL PANCAKE DAY
LIBERAL, KANSAS

QUESTIONNAIRE FOR PRESS RELEASE

PLEASE SUBMIT A QUALITY PHOTO (head shot not selfie) OF YOURSELF TO: ipdliberalKS@gmail.com

OFFICE USE ONLY
YEAR: _____
Chip Timer # _____

NAME _____ AGE _____

OCCUPATION _____ AT _____
(Company or Business)

CELL PHONE: _____ TEXT OK? YES NO

OTHER PHONE: _____ EMAIL: _____

SPOUSE OR S/O _____

OCCUPATION _____ AT _____
(Company or Business)

CHILDREN? YES NO IF YES, NUMBER OF CHILDREN: _____

_____ Name	_____ Age	_____ Name	_____ Age
_____ Name	_____ Age	_____ Name	_____ Age
_____ Name	_____ Age	_____ Name	_____ Age

If you are a student, please list school and classification (year): _____

How long have you lived in Liberal? _____

Why did you decide to enter this year's race? _____

Describe the reactions you've gotten from friends and family so far: _____

How are you preparing for the race (both physically and mentally)? _____

Any family members racing or participating in other events? (If so, please list names, relationship, and events)

Returning racers:

List the other years you have raced: _____

What, if anything, will you do differently this year? _____

What advice do you have for first-time racers? _____

International Pancake Day Race Rules

1. Open to no more than fifteen (15) women, eighteen (18) years of age or over, with domestic duties. Entrants must have a minimum of three (3) months residence at a Liberal or Rural Route Liberal mailing address. *Women who are 18 and still enrolled in high school should enter the Youth Division race. Women who are unable to accept a prize of monetary value (cash or merchandise) due to eligibility requirements may not enter the International Race.*
2. *All entrants MUST wear traditional housewife attire: dress or skirt and top, an apron and headscarf; (sweats, jeans, or athletic attire may be WORN UNDER the SKIRT). The skillet and the pancake will be furnished by the Race Committee. *Please return the skillet to a board member at the finish line or inside the Hall of Fame.*
3. All runners must flip their pancake two (2) times, the first flip to be made immediately after the starting signal, and the second flip after the contestant crosses the finish line, this flip to show that she still has the pancake in the skillet. If the pancake is dropped at any time, the contestant may pick it up and place it back in the skillet and continue the race. Any assistance from spectators, or any other persons, will automatically disqualify the contestant.
4. The distance of the race will be 415 yards and is to be run over an "S" shaped course.
5. **The International Pancake Race will start at 11:55am on Shrove Tuesday also known as Pancake Day!**
6. **Each contestant must be at the **Faith Tabernacle Church, 514 N. Kansas Ave., no later than 11:00am on Pancake Day.**
7. All entrants agree to attend the Shriving Service immediately following the International Race. The prizes will be given out after the service.
8. Entrant agrees that in the event she is the winner of the Liberal International Pancake Day Race, she will accept no personal appearances outside of Liberal or run in any other Pancake Race for ONE YEAR subsequent to winning the Liberal International Pancake Race, without first receiving consent and sanction of the International Pancake Day of Liberal, Kansas Inc. Board of Directors.
9. Each entrant must sign the following agreement on her entry blank:
"I hereby agree to conform to and comply with the rules governing this contest of the INTERNATIONAL PANCAKE RACE, Liberal, Kansas and I further agree to hold blameless the INTERNATIONAL PANCAKE DAY of LIBERAL, INC., the RACE COMMITTEE, and others connected with this contest, for any loss or injury to myself or property, and to assume responsibility for any loss or injury to myself or property in which I may become involved by reason of participation in this contest."

Rules Committee
International Pancake Race
Liberal, Kansas

*** It is your responsibility as a contestant in the International Pancake Race to adhere to the above stated attire requirements in order to participate in the race on International Pancake Day.**

**** Please do not leave your belongings at the church. Have someone there to give them to. The church will be locked after the race starts.**

**RACERS MUST RETURN THE RACE SKILLET TO A RACE COMMITTEE MEMBER
AT THE CONCLUSION OF THE RACE.**