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## **FOR IMMEDIATE RELEASE**

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## **With “No Wimps, No Whiners” as Its Motto, Date for 15<sup>th</sup> Annual Tulsa Ice Bowl Set to Benefit the Food Bank**

(TULSA, Okla.) Jan. 3, 2011 – The Tulsa Disc Sports Association presents the 15th Annual Tulsa Ice Bowl, a charity disc golf tournament scheduled for Saturday, January 22 come sun, rain, sleet or snow. All proceeds benefit the Community Food Bank of Eastern Oklahoma.

The two-round, 36-hole disc golf tournament is open to the public and takes place at Chandler Park, 6500 W. 21st Street. Flexible tee times are available: from 8 a.m. through 11:30 a.m. to start. All entrants play 36 different holes to compete. Entry fee is \$15 cash; or five cans of food and \$12 cash. Additional donations are welcome. Participants are encouraged to register on site at least thirty minutes before tee time.

“The Ice Bowl is for all community-minded citizens who recognize and respond to our Food Bank’s work,” said Wayne Forest, the tournament director. “To make it entertaining, we add the Disc Golf tourney. Most all disc golfers in Green Country are gutsy, crazy or fun-loving enough to join together for a good cause. Our motto is ‘no wimps, no whiners.’ This takes place regardless of the weather conditions. The idea is to have fun, raise funds and food for the Food Bank, and dispel the gloom of winter.”

The tournament offers several divisions and all players are eligible for the closest-to-the-pin and ace-pot awards. Additional contributions are raised by offering 50 cent mulligans, extra shot attempts due to errant throws. More information and details at [www.tulsadiscsports.org](http://www.tulsadiscsports.org).

Wayne Forest is available for interviews and is the contact for more information. He can be reached at (918) 576-8569 or by e-mail at [2008GTO@cox.net](mailto:2008GTO@cox.net).

Last year the event raised 562 pounds of food and \$5,570 in one day.

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