



Serious Runners to Casual Walkers for the
2011 NORTH BEND OLD SETTLERS
5K (3.1 Mile) & 1 Mile Run/Walk

SATURDAY * JUNE 25TH * 8:00AM
NBC High School Track

ENTRY FEES:

\$15 fee if postmarked before June 17th includes T-shirt
(\$10 no shirt)

\$25 fee if postmarked after June 17th includes T-shirt
(\$15 no shirt)

MAIL ENTRY (before 6/17/11)
& MAKE CHECK PAYABLE TO:

Todd Nott, 1601 Thayer St, Plattsmouth, NE 68048

Questions: tnott@plattsmouthschools.org

NAME _____ **GENDER:** M / F

ADDRESS _____

RACE: 5K or 1 MILE **SHIRT SIZE:** S * M * L * XL * KIDS M * KIDS L * None

EMAIL _____ **PHONE** _____

AGE (Race Day) _____ **NBC GRADUATE?** _____ **CLASS OF** _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically capable and I have properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event. Under no circumstances will I hold the City of North Bend, North Bend Central High School, Race director, workers or sponsors responsible for any injury that may occur regardless of weather, traffic or any other condition that may be relevant.

Signature of Participant _____ **Date** _____
(guardian signature if under 18)

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Monday-Tuesday-Wednesday: 8 am - 4pm
Thursday-Friday: 8am - 6pm • Saturday: 8am - Noon