

1st annual

# SASA 5K

September 11, 2010

Registration: 7:00-8:45 a.m. at Crosier Park in Hastings

Race: 9:00 a.m.

Awards: 11:00 a.m.

Prizes will be given to the top 3 race finishers. \$100-first \$75-second \$50-third

## 1. Personal Information

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Gender: M F Age: \_\_\_\_\_

## 2. Race Information

Age Divisions

13-19  20-29  30-39  40-49  50-59  60 & over

## 3. T-shirt

Adult Sizes (circle one): S M L XL 2XL

## 4. Registration\*:

\_\_\_\_\_ \$20 Runners/Walkers

Will you have a child/children running with you? (Circle One) Y N If so, how many under 12? \_\_\_\_\_

(If child is under 12, (s)he may participate with parent at no extra cost)\*\*

Make checks payable to: SASA Crisis Center

## 5. Waiver & Signature:

**All race participants!** Parent or Guardian must sign if entrant is under age 18. I hereby waive & release all rights & claims for damages I may have against the organizers & sponsors of the SASA Crisis Center held on September 11th, 2010, for any & all injuries suffered by me in this event. I am fully aware that animals and wheels of any kind (except competitive wheelchairs), are strictly prohibited and I agree not to have them on the course. I hereby authorize the organizers & support personnel to obtain any appropriate medical aid I may require during this event. I agree to the use of my name & picture in publicity & media coverage of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents sign for children/child under 12 participating: \_\_\_\_\_ Date: \_\_\_\_\_

\*Registration fee includes bib, post-race food, and t-shirt.

\*\*Children under 12 will not receive a t-shirt but are welcome to participate with parent at no extra cost.

*Please complete the information above, attach payment and send to  
SASA Crisis Center P.O. Box 8 Hastings, NE 68901  
Mail by September 1<sup>st</sup>, 2010 to guarantee t-shirt.*

*Don't forget to make a copy of this form for your records.*

*One entry form per person. Entry fee is non-refundable.*

*Thank you for your participation!*

*SASA Crisis Center and participating sponsors.*

