



NENCAP will be hosting their 3rd annual 5K and 1 mile fun run/walk to raise awareness about the Agency and the programs offered within the 14 county service area. This year NENCAP will be hosting the race at 3 locations with races being run simultaneously, so choose which site works best for you.

RACE LOCATION #1: NENCAP Central Office – 603 Earl St – Pender NE

RACE LOCATION #2: Ta-Ha-Zouka Park – 2201 S 13th St – Norfolk NE

RACE LOCATION #3: Johnson Lake – East Military Avenue & Johnson Road – Fremont NE

RACE DAY: Saturday, April 21, 2018

RACE START TIME: 8:30AM

RACE DAY REGISTRATION: 7:45AM-8:15AM

REGISTRATION FEES: \$20 through March 31st (to be guaranteed a t-shirt), price increases to \$25 on April 1st.

ENTRIES: All registered participants will receive a t-shirt (if registered by March 31st).

AWARDS: Medals will be presented to the overall top 3 male and top 3 female 5K finishers @ each location. Children under the age of 12 will receive a finisher medal.

I hereby approve and confirm the below waiver and release. For competitors under 18 years: I, the undersigned parent or legal guardian of the competitor, hereby approve and confirm the below waiver and release:

NAME: _____ SIGNATURE: _____
(If under 18 parent/guardian must sign)

I know running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry to participate; I will not hold NENCAP, the City of Pender, the City of Norfolk, the City of Fremont, sponsors, and/or other race entrants liable for injury or death while participating in the race.

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

AGE ON RACE DAY: _____ GENDER: M F

RACE (select one): 5K 1 MILE RACE LOCATION (select one) PENDER NORFOLK FREMONT

Shirt Size (select one) Youth S Youth M Youth L Youth XL
 S M L XL XXL XXXL

PAYMENT to NENCAP: AMOUNT ENCLOSED: _____ CASH _____ / CHECK # _____

Return registration form and payment to:
NENCAP % Krista Heineman
603 Earl St POB 667
Pender NE 68047
If postmarked by Saturday, March 31st for the early bird fee of \$20.00
Postmarked after March 31st, please enclose \$25 per registrant.