



NENCAP will be hosting their 4th 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: Scenic Park – 803 Riverview Drive – South Sioux City NE

RACE DAY: Saturday, October 12, 2019

RACE START TIME: 8:30AM

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

REGISTRATION FEES: \$20 through September 28th, price increases to \$25 for late registrations.

ENTRIES: All registered participants will receive a t-shirt (if registered by September 28th).

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 finishers 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 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 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 South Sioux City, 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 NENCAP EMPLOYEE: YES NO

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

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 Friday, September 28th for the early bird fee of \$20.00
 Postmarked after September 28th, please enclose \$25 per registrant.**