



CAPstone's 4th Annual SUPERHERO RUN 2013

Every Kid Needs Heroes, Abused Kids Need Superheroes!



To register:

Complete the registration form, sign and mail it along with payment to: CAPstone, 900 P Street, Gering, NE 69341 or drop off the form with payment at our office (see the address above).

Date of race: June 22nd, 2013 (Saturday)

Check-in: 7:00AM at Capstone Gering Office
900 P Street, Gering

On-site Registration:

You may register on race day at the Start. Registration will begin at 7:00AM, payment is due at the time of registration. (T-shirts not guaranteed if not pre-registered)

Race begins: Capstone Gering Office
Race ends: Gering Junior High School

Race Start: 1K Kids Fun Run begins 8:00AM
Times: 5K Walk/Run begins 8:30 AM

E-mail Registration: Complete your registration and e-mail it to admin@capstonenebraska.com and you can make your payment by PayPal on our Website.

Costume Contest: Will be held at the completion of the race.

Who wins: We are all Superheroes! With your support of CAPstone Child Advocacy Center our community wins.

Questions?? Contact us at: 308-632-7274 Email: admin@capstonenebraska.com See our website at: www.capstonenebraska.com

First Name: _____	Last Name: _____
Mailing Address: _____	
City: _____	State: _____ Zip: _____
E-Mail: _____	Phone: _____



Registration Fee: Adult: <input type="checkbox"/> \$15.00 Child: <input type="checkbox"/> \$10.00 (11 and Under) Total: _____ Cash/Check#: _____ \$ _____	T-Shirt Size: Adult Unisex: XXL: <input type="checkbox"/> XL: <input type="checkbox"/> L: <input type="checkbox"/> M: <input type="checkbox"/> S: <input type="checkbox"/> Children: L: <input type="checkbox"/> M: <input type="checkbox"/> S: <input type="checkbox"/>
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Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this event, including, but not limited to tripping and falling, contact with other participants, the effects of weather, traffic, and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release CAPstone (Child Advocacy Center), its subsidiaries and affiliates, the City of Gering, all sponsors, contractors and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the forgoing to use any photographs or any other record of this event for any legitimate purpose and I understand that my name may be posted on the CAPstone website as a participant of the 2010 event. I also understand that my entry fee is non-refundable. A parent must sign if entrant is under 18 years of age. This is to certify that my child has permission to compete in this event and is in good physical condition.

Categories : 5K Male: 5K Female: (All ages welcome)
 1K Boy: 1K Girl: (Age 11 & Under)

Signature: _____ Date: _____

Parent's Signature: _____

(If under 19, signature of Parent/Guardian is required)

Office Use:
Paid: Race#: _____
Category: _____