



## CAPstone's 2nd Annual SUPERHERO RACE 2011

**Every Kid Needs Heroes, Abused Kids Need Superheroes!**



### To register by mail:

Complete your registration form by clearly printing all requested information, sign the waiver and mail along with payment to: **CAPstone, 513 W 24th St, Scottsbluff, NE 69361**

### To register in person:

Registration forms and payments can be dropped off in person at: **CAPstone, 513 W 24th St, Scottsbluff, NE 69361**

### To register on the day of the race:

You may register at Oregon Trail Park, Gering, NE.

Registration will begin at 8:30AM, payment is due at the time of registration. (T-shirts not guaranteed)

**Email Registration:** Complete your registration and email to [capstonescbf1@embarqmail.com](mailto:capstonescbf1@embarqmail.com). Make your payment online payment at:

Questions?? Contact us at: 308-632-7274 Email: [capstonescbf1@embarqmail.com](mailto:capstonescbf1@embarqmail.com) See our website at: [www.capstonenebraska.com](http://www.capstonenebraska.com)

### Race Information

**Date of race:** April 30, 2011 (Sat)

**Check-in:** 8:30AM at Oregon Trail Park, Gering

**Race begins:** Oregon Trail Park, Gering

**Race ends:** Oregon Trail Park, Gering

**Race Start Times:** 1K Kids Fun Run begins 9:00AM

5K Walk/Run begins 9:30 AM

**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. (All proceeds will benefit CAPstone).

### SELECT THE EVENT YOU WILL BE PARTICIPATING IN:

☐

5K Walk/Run

☐

1K Kids Fun Run

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**\*\*Entrants who register early may pick up race t-shirts on the day of the race at the registration table.\*\***

#### Registration Fees:

Adult: ☐ \$15.00  
Child: ☐ \$10.00  
(12 and Under)

**Total:** \$

Cash: \_\_\_\_\_  
Check# \_\_\_\_\_

#### To be completed by ALL:

Male: ☐ Female: ☐  
17 and under: ☐ 18-34: ☐  
35-50: ☐ Over 50: ☐

#### T-Shirt Size:

##### Adult Men's:

XXL: ☐ XL: ☐ L: ☐  
M: ☐ S: ☐

##### Adult Women's:

XXL: ☐ XL: ☐ L: ☐  
M: ☐ S: ☐

##### Children:

L: ☐ M: ☐ S: ☐

**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 foregoing 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.

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

**Parent's Signature:** \_\_\_\_\_  
(If under 19, signature of Parent/Guardian is required)

#### Office Use:

**Paid:** ☐ **Race#:** \_\_\_\_\_  
**Age Category:** \_\_\_\_\_