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**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, 900 P Street, Gering.

**Late or On-site Registration:**

Registration on/before the 17th is encouraged. Late registration charge is $5.00 for each category. Race day registration begins at 12:30 PM, payment is due at the time of registration. (T-shirt availability is not guaranteed if not pre-registered.)

**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.

**Registration Fee:**

Adult: $25.00 Family Rate: $75.00 (2 adults & 2 kids) ($10.00 for each additional kid)

Child: $15.00 Team Fee:  $100 (Five Persons)

(11 and under)  **Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

Total:

$

**Office Use:**

**Paid: Race#:\_\_\_\_\_\_\_\_\_\_\_\_**

**Category: 5KM 5KF 1KB 1KG (circle one) circ(c((F/1KB/1KG\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**Parent's Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(If under 18, signature of Parent/Guardian is required)**

**Date of race:** April 26th, 2015

**(Sunday)**

**Check-in:** 12:30 PM at CAPstone Office

900 P Street, Gering

**Race begins:** CAPstone Office

**Race ends:** Gering Junior High Stadium

1K Kids Fun Run begins 1:30 PM

5K Walk/Run begins 2:00 PM

**Costume Contest** will be held at the completion of the race.

**CALLING ALL TEAMS!!!! This year, CAPstone is sponsoring a team challenge – teams of FIVE members – total times will be tallied and averaged to determine the winning team!!!!**

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

**First Last**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mailing**

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

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

**E-Mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Categories: 5K Male 5K Female 1K Boy 1K Girl**

**(All ages welcome) (Age 11 & under)**

**T-Shirt Size:**

**Adult Unisex: Children:**

XXL: XL: L: L: M: S:

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 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 2015 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.

**Child Advocacy Center**

**CAPstone**

Questions?? Contact us at: 308-632-7274 **Email: admin@capstonenebraska.com** Website : **www.capstonenebraska.com**



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**CAPstone's 6th Annual**

**SUPERHERO RUN - 2015**

**Every Child Needs Heroes, Abused Children Need Superheroes!**