The 8th Annual

CAPstone Superhero Run

*Every child needs a hero; Abused and neglected children need superheroes!*

**Join us for a day of fun: raffles, prizes, games, and Snowy Bus snow cones for all to enjoy after the Superhero Run!**

**Date:** Saturday, May 6, 2017 ● ***Rain, Snow, or Shine! If the weather is not suitable for the event, the event will be cancelled and will not be rescheduled.***

**Check-in:** 8:00am at the CAPstone Office—900 P Street, Gering

**Race time:** 1K Kids’ Fun Run 9:00am ● 5K Walk/Run 9:30am

**Registration:** Complete your registration on or before ***April 21, 2017***. There will be a late registration charge of $5.00 per participant. Registration on race day begins at 8:00am, and payment is due at the time of registration.

**T-shirt availability is not guaranteed if you are not pre-registered!**

E-mail registration is available! Complete your registration and email it to *admin@capstonenebraska.com* and make your payment by PayPal on our website: www.capstonenebraska.com

**CAPstone is sponsoring a Team Challenge: Teams of five members will average their times to determine the winner of the traveling trophy!**

**Questions? Call us at 308-632-7274 or email us at admin@capstonenebraska.com ● Visit our website at capstonenebraska.com**

**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)**

**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 2016 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.

**T-Shirt Size:**

**Adult Unisex: Children:**

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

Signature: Date:

Parent Signature: Date:

*If runner is under 18, signature of parent/guardian is required.*

**Office Use:**

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

**Category: 5KM 5KF 1KB 1KG (circle one)**

**Registration Fee: After 4/21, late registration charge is $5.00 for each category**

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

Child (11 and under) : $15.00 Team Fee:  $100 (Five Persons)  **Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Cash/Check #:  Total: 