



CAPstone's 1st Annual SUPERHERO RACE

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 900 P Street, Gering, NE. Registration will begin at 8AM, payment is due at the time of registration.

Email Registration: Complete your registration and email to capstonescbf1@embarqmail.com Make your payment online payment at: <http://www.capstonenebraska.com/Super%20Hero.html>

Race Information

Date of race: Saturday, August 14, 2010

Check-in: 8AM at 900 P Street, Gering

Race begins: 900 P Street, Gering

Race ends: Oregon Trail Park, Gering

Race Start Times: 1K Kids Race begins 8:30AM

5K Walk/Run begins 9:00 AM

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

Who wins: We are all Super Heroes! With your support of CAPstone (Child Advocacy Center) our community wins. (All proceeds will benefit CAPstone).

Questions?? Contact us at: 308-632-7274 Email: capstonescbf1@embarqmail.com See our website at: www.capstonenebraska.com

SELECT THE EVENT YOU WILL BE PARTICIPATING IN:

☐

5K Walk/Run Race

☐

1K Kids Race

First Name: _____ **Last Name:** _____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

Email: _____

****Entrants who register early may pick up race t-shirts/capes on the day of the race at 900 P Street, Gering.****

Registration Fees:

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

Total: \$

Cash: _____
Check# _____

To be completed by ALL:

Male: ☐ Female: ☐
17 & 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: _____