



# CAPstone's 3rd Annual SUPERHERO RUN 2012

Every Kid Needs Heroes, Abused Kids Need Superheroes!



## To register:

Complete your registration form by clearly writing all requested information, sign the waiver and mail along with payment to: **CAPstone, 900 P Street, Gering, NE** or drop off the form with payment at our office (see the address above).

## On-site Registration:

You may register on race day at the Start location - Capstone Gering office - 900 P Street. Registration will begin at 8:30AM, payment is due at the time of registration. (T-shirts not guaranteed if not pre-registered)

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

<http://www.capstonenebraska.com/Super%20Hero.html> or PayPal on our Website

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

## Race Information

**Date of race:** June 9<sup>th</sup>, 2012 (Saturday)

**Check-in:** 8:30AM at Capstone Gering Office  
900 P Street, Gering

**Race begins:** Capstone Gering Office

**Race ends:** Gering Junior High School

**Race Start:** 1K Kids Fun Run begins 9:30AM

**Times:** 5K Walk/Run begins 10:00 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.

## SELECT THE EVENT YOU WILL BE PARTICIPATING IN:

☐

5K Walk/Run

☐

1K Kids Fun Run

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

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

CAPSTONE



CHILD ADVOCACY  
CENTER

### Registration Fees:

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

Total: \$

Cash:  
Check#:

### T-Shirt Size:

Adult Unisex:  
XXL: ☐ XL: ☐ L: ☐  
M: ☐ S: ☐

Children:  
L: ☐ M: ☐ S: ☐

**Age and Gender Categories:** Male: ☐ Female: ☐  
17 - 34: ☐ 35 - 50: ☐ Kids 7 & under: ☐ Kids 8-16: ☐  
Over 50: ☐

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

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

**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.

### Office Use:

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