



Midlands Community
FOUNDATION
Investing in the Power of Community

3rd Annual 5K Run/Walk Saturday, July 18 7AM

Haworth Park Bellevue NE

Run Information:

5K Run/Walk at Haworth Park at Hwy 370 & Payne Drive. Run begins 7:00 AM, in Holubar Field parking lot and ends in Haworth Park.

On-site Registration, Check-in & Parking at Ballpark 6:00 AM – 6:45 AM

Following the run, enjoy some pancakes or cool down with a free massage at Shelter #2 courtesy of Dr Welbes Awards for all top 3 male and female finishers of all age groups. 1st & 2nd place will receive a prize.

Age Groups are: 17 & Under, 18-34, 35-54, 55+

Registration includes 1 T-shirt* and 1 Pancake Man ticket. Register early! *T-shirts are not guaranteed for registrants after July 10th.

Questions? Call 898-3000 or send email to Bellevue@BellevueNebraska.com or visit www.BellevueNebraska.com

Release and Waiver

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume any and all risks associated with this event, including but not limited to, falls, effects of weather, condition of trail, all such risks being known and appreciated by me. Knowing these facts, I hereby for myself, my family executors, and administrators, or anyone else who might claim on my behalf covenant no to sue any member, group association, or sponsor associated in any way with this event for any and all claims of liability for death, injury, or property damage of any kind during this event. This release and waiver extends to all claims of every kind or nature foreseen, known or unknown. Minor participants must have parent or guardian signature.

NAME: _____

STREET ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE/E-MAIL: _____

AGE AS OF RACE DAY & SEX: _____

SHIRT SIZE: S M L XL

PARTICIPANT SIGNATURE & DATE: _____

PARENT/GUARDIAN SIGNATURE & DATE: _____

REQUIRED IF UNDER 18

NON-REFUNDABLE REGISTRATION FEE: BEFORE JULY 17 \$15.00 ON JULY 18: \$25.00

PLEASE MAIL OR HAND DELIVER COMPLETED REGISTRATION FORM/WAIVER AND PAYMENT TO:

BELLEVUE CHAMBER OF COMMERCE, ATTN: 5K, 1102 GALVIN ROAD SOUTH, BELLEVUE, NE 68005.

MAKE CHECKS PAYABLE TO: **B.E.E.F.** – BELLEVUE ECONOMIC ENHANCEMENT FOUNDATION