

ARBOR DAY 5K/10K

The annual Arbor Day 5k/10K Fun Run Walk is scheduled for Saturday, April 29, 2017, at 8:00 a.m.

Details about the exact route of the race will be forthcoming. Portions of the race will be on brick, gravel, and rough terrain.

There will be prizes & medals awarded to top runners. Entry fee includes t-shirt (not guaranteed for late entries).

You can register online by logging onto www.GoNebraskaCity.com and clicking on the Arbor Day link. You may also return this form, along with payment, to NCTC, 806 1st Avenue, Nebraska City, NE 68410.

PRE-REGISTRATION (April 13)

FEE: \$25

DAY OF EVENT

FEE: \$40

5/10K Registration

Full Name _____

Address _____

City _____

State _____

Zip _____

Email Address _____

Male Female

Phone _____

5K 10K

Participant Age on Race Day: (Circle One)

under 18, 18-29, 30-39, 40-49, 50-59, 60 & over

T-Shirt Size: (Circle One)

XS S M L XL XXL XXXL

Release

I understand running is a potentially hazardous activity. I should not enter and run/walk the Arbor Day 5/10K unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run, as well as abide by any recommendation to withdraw from the race or run at a slower pace due to weather conditions. I understand that the weather conditions may be hot and humid and there is a danger of heat-related injury to even death. I assume all risks associated with running/walking in this event including but not limited to: falls, contact with other participants, the effects of weather, including heat and cold, traffic and the condition of the path. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release race officials, and their agents, including the Arbor Day Foundation, Arbor Lodge State Historical Park, the Ambassador Health System, Nebraska City Tourism & Commerce, the NCTC Arbor Day Committee, the City of Nebraska City, Otoe County, and their representatives and successors from claims or liabilities of any kind arising out of my voluntary participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named on this waiver.

Signature: _____

Date: _____

Parent (If participant is under 19 years of age): _____