



# HOLIDAY RUN



**What:** 5K Cross Country & 1 mile kids' run

**Where:** Pioneers Park Cross Country course

**When:** Sunday, December 4, 2011, at 10:00 a.m.

**Entry Fee:** \$10

**Packet Pick-up:** Saturday, December 3, 2011, 10 a.m. to 5 p.m.

at the Lincoln Running Company and on race day at Pioneers Park



**HOLIDAY COSTUMES  
AND CHEER  
ENCOURAGED!**



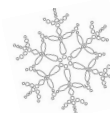
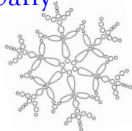
**EVERY DOG GETS  
A PRESENT!**

- ◆ Entry fee must accompany your entry form and is non-refundable.
- ◆ Make checks payable the Lincoln Track Club.
- ◆ All proceeds will go to the Capital Humane Society.
- ◆ All entrants will receive a special surprise!



Send or bring your entry form, along with your entry fee, to:

The Lincoln Running Company  
1213 "Q" Street  
Lincoln, NE 68508



**MAIL TO:**  
Lincoln Running Company  
1213 "Q" Street  
Lincoln, NE 68508



## HOLIDAY RUN 2011 INDIVIDUAL ENTRY FORM



For Administration Use Only

File #	Race #	Class

Name \_\_\_\_\_  
Last First

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

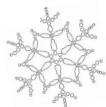
Home phone \_\_\_\_\_

Email address \_\_\_\_\_

Birth date \_\_\_\_\_ Race day age \_\_\_\_\_ Sex \_\_\_\_\_

Include entry fee payable to  
Lincoln Track Club

Entry fee \$10: \_\_\_\_\_



Total: \_\_\_\_\_

**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 to run the distances of this event (5k). 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 assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Lincoln Track Club, the City of Lincoln and all sponsors, 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.

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

Signature of Parent or Guardian (if participant is under 19) \_\_\_\_\_