

2011 ANNEVAR 5K RUN/WALK

REGISTRATION FORM

Separate entry form requested for each participant

Copies accepted

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Age on Race Day _____

Sex: Male _____ Female _____

RACE ENTERED—CIRCLE ONE:

If you plan to run any part of the 5K walk, please enter as a runner

5K run 5K walk

1 mile run 1/2 mile run 1/4 mile run

T-SHIRT SIZE—CIRCLE ONE:

Adult (tank top): S M L XL XXL

Youth (short sleeve t-shirt): S M L XL

REGISTRATION—BEFORE JUNE 11th:

- \$20 for 5K run/walk
- \$10 for kids races
- If you choose to register after June 11, 2011 or on race day, add \$5. You will not be guaranteed a shirt on race day but one can be ordered. We encourage you to register early!

In consideration of my entry, I hereby, for myself, my heirs, and executors, waive and release any and all rights and claims for damages against the sponsors of this event and the City of Ravenna and the meet officials for any injuries suffered by me in connection with this event. I further certify that I am in good enough physical condition to participate in this event.

Signature _____

Parents signature required if under 18 years of age

Date _____

ANNEVAR 5K RUN / WALK

Ravenna, Nebraska

Saturday, June 18, 2011

8:00 a.m.

CHECK-IN: V.F.W. Park
600 Block W. Carthage St.
Ravenna, NE

STARTING POINT: 5K run/walk -V.F.W. Park
Kids Races - Football Field

DISTANCE: 5 kilometer (3.1 mile) run
5 kilometer (3.1 mile) walk
1 mile run (kids)
1/2 mile run (kids)
1/4 mile run (kids)

COURSE: 2.5 kilometer loop within Ravenna
on a mostly flat paved surface

SCHEDULE OF EVENTS:

7:00 - 7:45 am - check-in or register
8:00 am - start of 5K run/walk
7:00 - 8:45 am - kids check-in or register
9:00 am - start of kids 1/4, 1/2 & 1 mile runs

Awards presentation following completion of the 5K run/walk at the V.F.W. Park.

Awards presentation following completion of the kids' runs at the football field.

Post race - pancake feed by the Ravenna Lions Club,
fresh fruit by Ravenna Super Foods, granola
bars, water and sports drink by the Ra-
venna Chamber of Commerce

SPONSORED BY:

Ravenna Super Foods, Ravenna Lions Club
and the Ravenna Chamber of Commerce

AWARDS:

Overall male and female finishers will receive an award and top three male and female finishers in each age group will receive a medal. All participants will receive a tank top (adult sizes) or a short sleeve t-shirt. (youth sizes).

<u>5K run</u>		<u>5K walk</u>
19 & under	20-29 yrs	All ages—one group
30-39 yrs	40-49 yrs	
50-59 yrs	60-69 yrs	
70 & over		

<u>Kids 1 mile run</u>	<u>Kids 1/2 mile run</u>
14 yrs & under	6 & 7 yrs.
	8 & 9 yrs.

<u>Kids 1/4 mile run</u>	
5 yrs & under	10 & 11 yrs.

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Mail entry form and fee to: Annevar 5K
c/o Laurie Johnson
P.O. Box 2
Ravenna, NE 68869

Make checks payable to: Ravenna Chamber of Commerce

RACE DAY ENTRIES ACCEPTED

QUESTIONS:

Contact Laurie Johnson at lauriej@nctc.net or during the day at 308-452-4131 or in the evening at 308-452-4325