

# Siena/Francis House

## Walk / Run 2009

### Sunday, June 28, 2009

### Zorinsky Park/Lake - 156<sup>th</sup> & F Streets

All proceeds from the Walk/Run will benefit the Siena/Francis House, Nebraska's largest homeless shelter, located at 17<sup>th</sup> and Nicholas Streets in Omaha, Nebraska.

SCHEDULE OF EVENTS
7:00-7:45 a.m.....Packet Pick-Up
8:00 a.m.....10K (6.2 Mile) Run
8:05 a.m.....5K (3.1 Mile) Run
8:10 a.m.....5K (3.1 Mile) Walk
Refreshments served before and after races.
Awards Ceremony following the races.

AWARDS
<b>10K &amp; 5K RUN</b> – Top Overall Male & Female & 1 <sup>st</sup> , 2 <sup>nd</sup> , & 3 <sup>rd</sup> in each of the following age categories:
14 & Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over; Master's Division (over 40) – Male & Female
<b>5K WALK</b> – Top Overall Male & Female

**REGISTRATION & PACKET PICK UP:** Register by completing the form below – one name per form, and mail to: Siena/Francis House - P.O. Box 217- DTS - Omaha, NE - 68101.

Checks may be made payable to: **Siena/Francis House**

Race packets & T-shirts will be available for pick up between 10:00 a.m. and 4:30 p.m. on Saturday, June 27<sup>th</sup> at Peak Performance, 519 North 78<sup>th</sup> Street (78<sup>th</sup> & Cass Streets). Registration and Packet Pick Up may also occur between 7:00 and 7:45 a.m. on the day of race at the race site.

<p><b>NAME</b> _____</p> <p><b>ADDRESS</b> _____</p> <p><b>CITY</b> _____ <b>STATE</b> _____ <b>ZIP</b> _____</p> <p><b>PHONE</b> (    ) _____ <b>SEX</b> _____ <b>AGE</b> _____</p> <p><b>RACE FEE:</b> <input type="checkbox"/> \$20 Prior to 6/19/09 <input type="checkbox"/> \$25 after 6/19/09</p>	<p><b>RACE:</b>     ___ 10K (6.2 Mile) Run               ___ 5K (3.1 Mile) Run               ___ 5K (3.1 Mile) Walk</p> <p><b>T-SHIRT SIZE:</b></p> <p>___S ___M ___L ___XL ___XXL</p>
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**WAIVER:** I know that running in races is a potentially hazardous activity. I should not enter and run in races 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. I assume all risks associated with running in races, including but not limited to falls or contact with other road traffic on the course. All such risks being known and appreciated by me, having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for me and anyone entitled to act on my behalf, waive and release the Siena/Francis House and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_ (Parents must sign for registrants under 19)