

# Siena/Francis House

## Walk / Run - 2019

**Saturday, September 7, 2019**  
**Stinson Park/Aksarben - 67<sup>th</sup> & Center Streets**

All proceeds from the Walk/Run benefit the Siena/Francis House, Nebraska's largest shelter serving individuals experiencing homelessness – 1702 Nicholas Street – Omaha, Nebraska

**SCHEDULE OF EVENTS – Saturday, September 7**

8:15-8:45 AM..Packet Pick-Up & Same-Day Registrations  
 9 AM.....5K (3.1 Mile) Run  
 9:05 AM.....5K (3.1 Mile) Walk

Refreshments served before, during and after events  
 Awards Presentation for 5K Run after events

**AWARDS**

**5K RUN** – 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

**NOTE: No awards will be given for the 5K Walk.**

**REGISTRATION & PACKET PICK-UP:** Register by completing & signing the form below – one name per form – and mail to: Siena/Francis House - P.O. Box 217- DTS - Omaha, NE - 68101. Checks should be made payable to: **Siena/Francis House**. Or you may also register and pay online at [www.sienafrancis.org](http://www.sienafrancis.org) beginning Monday, June 10 and ending at 7:59 a.m. on Thursday, September 5. Walk/Run registrants may also pick up their event t-shirts and race number tags at Peak Performance – 519 North 78<sup>th</sup> Street (just north of 78<sup>th</sup> & Cass Streets) – from 4-8 pm on Thursday, September 5 and from 4-6 pm on Friday, September 6. Walk/Run registration will also be available during these times. Walk/Run registration and t-shirt/race number tag pickup may also occur from 8:15-8:45 a.m. on the day of the race, Saturday, September 7 at the race site at Stinson Park in Aksarben Village, although we cannot guarantee a t-shirt to participants who register for the Walk/Run on the day of the event.

**Participant's Name** \_\_\_\_\_

**Complete Home Address** \_\_\_\_\_

**Email Address** \_\_\_\_\_

**Phone** (    ) \_\_\_\_\_ **Sex** \_\_\_\_\_ **Age** \_\_\_\_\_

**Event (Please Check One):**

\_\_\_ 5K (3.1 Mile) Run

\_\_\_ 5K (3.1 Mile) Walk

**T-Shirt Size (Please Check One):**

\_\_\_ S    \_\_\_ M    \_\_\_ L

\_\_\_ XL    \_\_\_ XXL    \_\_\_ XXXL

**Race Fee (Please Check One):**

\$30 Prior to Saturday, September 7

\$40 On Saturday, September 7

**NOTE: No awards given for the 5K Walk.**

**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)