

# SEWARD OPTIMIST CLUB 4<sup>th</sup> of JULY

## 10K (6.2 Mile) Freedom Run & 2-Mile Fun Run

### Walkers Welcome Too!

# July 4, 2010 7:00 AM

Registration & Check-In Starting at 6:00 A.M.

Seward City Park • 14th & Seward Streets • Seward, Nebraska

• Showers & Restrooms Available • Post Race Fruit Bar •

• Race timed with Champion Chip Technology provided by Precision Race Results of Omaha •

• Online Registration & Payment Available at: [www.GetMeRegistered.com](http://www.GetMeRegistered.com) •

• Family Discounts Available •



### PRIZES & MEDALS

- 10K Run: Male & Female Winners receive a \$100 Prize! 2nd Place Winners receive a \$50 Prize!
- 2-Mile Run: Male & Female Winners receive a \$25 Prize! 2nd Place Winners receive a \$15 Prize!
- Medals presented to Male & Female 1st — 3rd Place Winners in Each Age Group & Race.

**ONLY paid registrations received by June 25 guarantee a race t-shirt!**

#### Entry Fees:

10K (6.2 Mile) Freedom Run

Received by June 25, 2010: \$ 25.00

After June 25, 2010: \$ 35.00

2-Mile Fun Run

Received by June 25, 2010: \$ 15.00

After June 25, 2010: \$ 25.00

A portion of the race proceeds go towards administrative expenses.

#### Age Classes for Male & Female Participants:

10 & Under

24 through 29

11 through 13

30 through 39

14 through 18

40 through 49

19 through 23

50 & Older

#### Family Discounts\* with Registration by June 25

1st Family Member at Regular Price

2 to 4 Members - Save \$2 Each

5 or More Family Members - Save \$3 Each

\* Immediate Family Members Only! Parents & Children Age 19 & Under!

Entry Form Available in PDF Format at: [www.sewardoptimistclub.org](http://www.sewardoptimistclub.org)

Online Registration at: [www.GetMeRegistered.com](http://www.GetMeRegistered.com)

### ENTRY FORM – SEWARD OPTIMIST CLUB FREEDOM RUN

Check one:  10K  2-Mile

NAME: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_



"I hereby waive & release all rights and damages against the City of Seward, The Optimist Club of Seward & all meet officials for any injuries suffered by me in connection with this event. I understand the demands of running this distance and am in physical condition to participate in this event."

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

DATE: \_\_\_\_\_

(PARENTAL CONSENT REQUIRED FOR PARTICIPANTS AGES 18 & UNDER.)

**ONLY paid registrations received by June 25 guarantee a race t-shirt!**

#### FAMILY DISCOUNTS:

- Immediate family members only! Parents & Children Age 19 & under.
- All family entries must be mailed together & received by June 25.
- A separate entry form is required for each participant.

SPECIFY T-SHIRT SIZE:  XXL  XL  L  M  S

Mail Entries to:

Seward Optimist Club  
P O Box 191  
Seward, Nebraska 68434-0191

Direct Questions to:

Cid Besse: (402) 641-4412  
Clay Shepherd: (402) 641-8181

Official Use Only

PAID IN FULL \_\_\_\_\_

RUNNER NO. \_\_\_\_\_