

# PLATTE VALLEY BANK

Presents:

Member FDIC

## 2016 North Bend Old Settlers 5K *(3.1 mile)* and 1 Mile Run/Walk

*Serious Runners to Casual Walkers Welcome!*

**Saturday, June 25 – 8:00 A.M. start  
NBC High School Track – 14th & Walnut**



### PACKET PICKUP

Pick up your packet and enter the race near the NBC track on race day starting at 6:45am. Race day entry from 6:45 – 7:30am.

### COURSE DESCRIPTIONS

Start and finish on NBC track. Course will include flat and gentle grass and trails on the school grounds and a rural section of gravel/dirt road.

### POST RACE

Refreshments courtesy of North Bend Mini Mart and Fremont Hy-Vee

### 5K AWARDS

To at least the top 3 in male and female age divisions: 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, and 60 and over.  
BROOKS shoes to overall male and female winner!

### 1 MILE AWARD

To the top 3 males and females ages 12 and under.  
Every age is welcome to run or walk the 1 mile.

### ENTRY FEE

\$20 fee IF postmarked on or before June 17 includes T-shirt  
\$20 fee IF postmarked after June 17 and race day (DOESN'T include t-shirt)

**DO NOT MAIL ENTRY AFTER 6/20/16. ENTER ON RACE DAY.**

**MAIL ENTRY (before 6/20/16) & MAKE CHECK PAYABLE TO:**

**Todd Nott, 1601 Thayer St., Plattsmouth, NE 68048**

**Questions: [todd.nott@yahoo.com](mailto:todd.nott@yahoo.com)**

NAME: \_\_\_\_\_ (please print clearly) GENDER: M / F

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

RACE: 5K or 1 MILE EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

AGE (Race Day): \_\_\_\_\_ SHIRT SIZE: S \* M \* L \* XL \* KIDS MED \* KIDS LG \* None

ARE YOU AN NBC GRADUATE? \_\_\_\_\_ CLASS OF: \_\_\_\_\_

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically capable and I have 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 this event. Under no circumstances will I hold the City of North Bend, North Bend Central High School, Race director, workers or sponsors responsible for any injury that may occur regardless of weather, traffic or any other condition that may be relevant.

Signature of participant: \_\_\_\_\_ Date: \_\_\_\_\_  
(guardian signature if under 18)