

PLATTE VALLEY BANK

Sponsors:

Member FDIC

2018 North Bend Old Settlers 5K *(3.1 mile)* and 1 Mile Run/Walk

Serious Runners to Casual Walkers Welcome!

**Saturday, June 23 – 8:00 A.M. start
NBC High School Track – 14th & Walnut**



PACKET PICKUP

Early packet pickup Friday (June 22) 6:00-7:00 pm on the NBC Track.
Race day packet pickup on NBC Track from 6:45 - 7:30 am.

COURSE DESCRIPTIONS

Start and finish on NBC track. Course will be run on a rural section of gravel/dirt road.

POST RACE

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

5K AWARDS

Trophies to the top 3 in male and female age divisions: 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, and 60 and over. BROOKS shoes to overall male and female winner donated by Running Company in Lincoln.

1 MILE AWARD

Trophies to the top male and female ages 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59, and 60 and over. Every age is welcome to run or walk the 1 mile!

ENTRY FEE

1 Mile Race - \$15 fee if registered (or postmarked) before June 18th includes t-shirt
5K Race - \$20 fee if registered (or postmarked) before June 18th includes t-shirt
Additional \$5 fee for registration on race day (DOESN'T include t-shirt)

DO NOT MAIL ENTRY AFTER 6/18/18. ENTER ON RACE DAY.

MAIL ENTRY (before 6/18/18) & MAKE CHECK PAYABLE TO:

Matt Musiel, 6630 Saline Dr., Lincoln, NE 68504

OR Register at <http://getmeregistered.com/NBOldSettlersRun>

Questions: mmusiel@lps.org

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 MD * 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)