

# 2010 Cardinal 5K Run

## 2 Mile Run/Walk & 1 Mile Youth Fun Run



SATURDAY, JUNE 19, 2010, ALBION, NEBRASKA

Please join us for the second annual 2010 Cardinal 5K Run, 2 Mile Run/Walk and Kid's 1 Mile Run.

**5K Run.....8:15 a.m.**  
**2 Mile Run/Walk.....8:15 a.m.**  
**1 Mile Kid's Run.....8:00 a.m.**

### LOCATION

The run/walk will start and finish at the Boone County Fitness Center, 527 South 5<sup>th</sup> Street, Albion, NE. Parking is available on the south side of the fitness center.

### REGISTRATION – BEFORE JUNE 9<sup>th</sup>

- \$15 for 5K and 2 mile run/walk includes shirt
- \$10 for Kid's Fun Run includes shirt

If you choose to register after June 9<sup>th</sup> or on race-day, add \$5. You will not be guaranteed a shirt on race day but one can be ordered. We encourage you to register early!

**To register:** Mail or drop off entry form and fee to Nicole Levander at the Boone County Health Center, 723 West Fairview, Albion, NE 68620. Email Nicole at [interv@boonecohealth.org](mailto:interv@boonecohealth.org) for a registration form. Or go to [www.boonecohealth.org](http://www.boonecohealth.org) and print form.

### RACE PACKET PICK-UP

Race packets can be picked up on race day from 7:00 a.m. to 7:45 a.m.

### RACE RESULTS

Results will be emailed to you and posted at [www.boonecohealth.org](http://www.boonecohealth.org)

### AWARDS

5K Race: Overall male and female finishers and top three male and female finishers in each age group will receive awards:  
 13-18, 19-24, 25-30, 31-40, 41-50, 51 & up

1 Mile Kid's Run (12 & Under): Overall boy and girl and top three boy and girl finishers in each age group: 5-8 and 9-12

The 2 Mile Run/Walk is intended to be a non-competitive event.

### REFRESHMENTS

Join us after the run/walk for refreshments. Showers will be available for use at the fitness center for a small fee.

Contact Nicole Levander at 395-3165 or Anji Knuth at 395-2244 with questions.

MAIL OR DROP OFF FORM & FEE TO:  
 Nicole Levander  
 Boone County Health Center  
 723 West Fairview  
 Albion, NE 68620

### 2010 Cardinal Run/Walk

ENTRY FORM

Saturday, June 19, 2010

**A separate entry form is required for each participant.**

Name \_\_\_\_\_  
Last First MI  
 Email\* \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Sex \_\_\_\_\_  
 Birth date \_\_\_\_\_ Race Day Age \_\_\_\_\_

EVENT (circle one): 5K Run 2M Run/Walk  
 1M Kid's Run

T-SHIRT SIZE : Adult: S M L XL XXL  
 (circle one) Child: S M L

\*Please include email address so we can send you a confirmation receipt.

Make checks payable to: Boone County Health Center  
 \$15 – 5K and 2 mile run/walk includes shirt **before June 9<sup>th</sup>**  
 \$10 – Kid's Fun Run includes shirt **before June 9<sup>th</sup>**  
 After June 9<sup>th</sup> – add \$5

By signing this form, I, waive and release any and all rights and claims for damages against the city of Albion, run officials and any other person involved, for any injuries incurred by me related with this event. I also certify that I am in good enough condition to participate in this event.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian if Participant is Under 19 \_\_\_\_\_