

2010 Cardinal 5K Run

2 Mile Run/Walk & 1 Mile Youth Fun Run



SATURDAY, JUNE 19, 2009
ALBION, NEBRASKA

5K Run.....8:15 a.m.
2 Mile Run/Walk.....8:15 a.m.
1 Mile Kid's Run8:00 a.m.

LOCATION

The run/walk will start and finish at the Boone County Fitness Center, 527 South 5th Street, Albion, Nebraska.

REGISTRATION

If registered by June 9th, the entry fee is \$15 which includes a t-shirt for 5K and 2 mile run/walk participants. The fee is \$10 for the kid's run which includes a t-shirt. If you choose to register on race-day, add \$5. You will not be guaranteed a shirt if you register on race day, but one can be ordered. We encourage you to register early!

TO REGISTER:

Call Nicole Levander at (402) 395-3165 or mail/drop off entry form and fee to the Boone County Health Center, 723 West Fairview, Albion, NE 68620. Or email Nicole at interv@boonecohealth.org, or go to www.boonecohealth.org to print form.

RACE PACKET PICK-UP

Race packets can be picked up on race day from 7:45 a.m. to 8:45 a.m.

RACE RESULTS

Results will be emailed to you and posted at www.boonecohealth.org

AWARDS

5K Race: Top male and female overall 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 Youth Run (12 & Under): Top boy and girl overall 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.

Let's make the 2nd Annual Cardinal Run an event to remember!!!
EVERYONE is welcome to participate!!!
Contact Nicole Levander at (402) 395-3165 with questions.