



## Waiver/Release

I know that running a trail or road race is a potentially hazardous activity. I should not enter and walk or run unless I am medically able and properly trained to run the distance of this event, 1 mile, 3.1 miles and/or 6.2 miles. I understand that the weather conditions can be icy, wet and slick and there is a danger of weather-related injury or even death. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather including icy, wet and slick conditions, traffic and the condition of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Homestead Running Club, Road Runners Club of America, Homestead National Monument of America, Anytime Fitness, and all volunteers from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

\_\_\_\_\_  
Signature/Date

\_\_\_\_\_  
Signature Parent/Guardian if under 18/Date

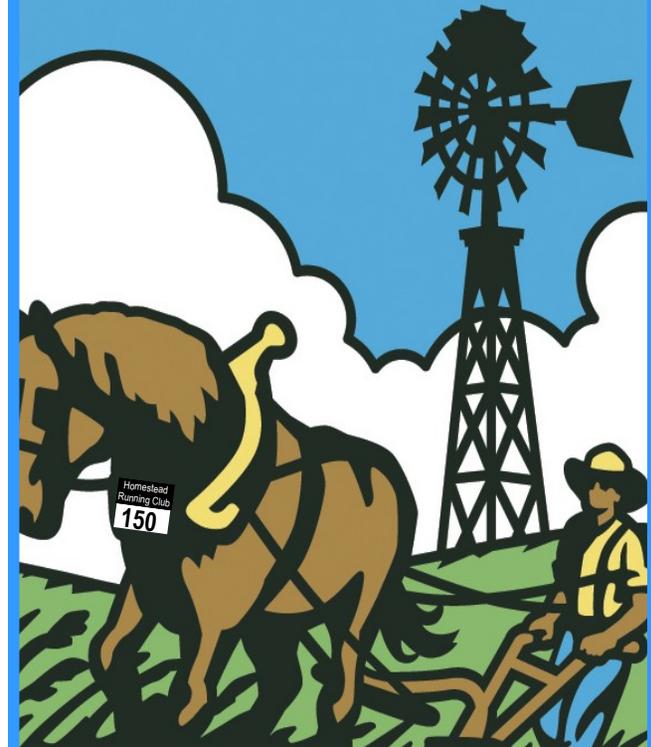
Visit our Website at:

[homesteadrunningclub.com](http://homesteadrunningclub.com)



933 Prairie Ln.  
Beatrice, NE 68310  
402-641-5746

# Spirit of the Prairie



## Saturday, April 28, 2012



# Spirit of the Prairie

# Trail Run

Saturday, April 28, 2012

Sponsored by:

## Anytime Fitness

Enjoy a run on the serene trails of the second oldest restored tallgrass prairie in the nation!



## 1 MILE Walk/Run 5K • 10K

After running the trails you can visit one of the Nation's most influential pieces of legislation "The Homestead Act of 1862". This original document signed by Abraham Lincoln is here from the National Archives and can be viewed daily from 9:00 a.m. to 5:00 p.m. from April 25- May 28, 2012

## Saturday, April 28

**Location:** Pre-Registered & Race Location: Homestead National Monument of America Education Center 8523 W. State Hwy 4, Beatrice, NE (approx 4 miles west of Beatrice)

**Registration:** 8 a.m.

**Races start:** 9 a.m. 5K and 10K—1 Mile will start 1 minute later

**Registration:** Early registration encouraged. Race Day registration accepted at 75th Road & Highway 4 near the entrance to the Heritage Center at Homestead National Monument of America.

### Awards:

Participant medals for all 1 mile participants age 12 & Under

Award for top 3 boys/girls in 1 mile

Award for top 3 men/women in 5K and 10K

**For further information contact:** Julie Feist 402-641-5746 or [julie.feist@fcsamerica.com](mailto:julie.feist@fcsamerica.com)  
Or Bly Rash 402-239-5545 [little.runner.girl@yahoo.com](mailto:little.runner.girl@yahoo.com).

**Sponsors:** Races sponsored by ANYTIME FITNESS in conjunction with the Homestead Running Club and Homestead National Monument of America

1st 100 registrants receive performance water bottle courtesy of Homestead National Monument of America

Partial proceeds after race expenses to fund the development of a youth track club.

## Registration

Fee includes t-shirt & post race refreshments

Please Select Race	Price
<input type="checkbox"/> 1 Mile Run/Walk	\$15
<input type="checkbox"/> 5K Run	\$20
<input type="checkbox"/> 10K Run	\$20
<input type="checkbox"/> Family Discount (3 or more)	-\$10
<input type="checkbox"/> \$1.00 Discount for Homestead Running Club Members	-\$1
<input type="checkbox"/> Late Registration add \$5.00	\$5
<b>TOTAL</b>	<b>\$_____</b>

Please circle shirt size (s) **Youth:** YS, YM, YL **Adult** soft-touch fabric unisex: XS, S, M, LG, XL, XXL

**\*One entry form per person**

**Name** \_\_\_\_\_ **Age (on race day)** \_\_\_\_\_

**Address** \_\_\_\_\_

**City, State, ZIP** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Emergency Contact Name/Phone** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**Make Checks Payable to:**  
**Homestead Running Club**  
**Sign Waiver/Release on the back and Mail to:**

**Homestead Running Club**  
933 Prairie Lane  
Beatrice, NE 68310

**Submit registration form and fee postmarked by**  
**FRIDAY, April 20, 2012 for early registration**