

TEAMMATES™

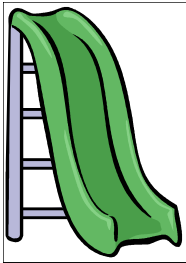
MENTORING PROGRAM

July 31st, 2010

All proceeds will benefit TeamMates of Cozad

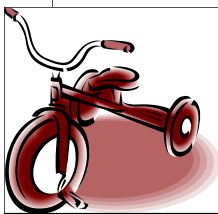
- ♦ 5 K Fun Run
- ♦ 1 mile walk
- ♦ Big wheel/tricycle races
- ♦ Scooter & Rip stick races

- Runners & walkers of all ages and fitness levels are encouraged to participate
 - Race will begin & end at Ethan's Park (420 W 14th)
 - This is a non-competitive race
 - Door prizes will be awarded after the races
- Entry fees:
- \$15 for 5 K Fun Run & 1 mile walk
 - \$5 - Big Wheel/Tricycle, scooter, & rip stick races
 - You must bring your own big wheel/tricycle, scooter, or rip stick (Riders are encouraged to wear a helmet!)



Ethan's Park Dedication Festivities

- 7:30 AM- Run/walk/race registration at CEEC building (420 W 14th)
- 9:00 AM - 5 K Fun Run & 1 mile walk begin at Ethan's Park
- 10:00 AM- Big Wheel/Tricycle, Scooter, and Rip Stick races on M Street (between 14th & 16th)
- 11:00 Park and tree dedication with a balloon release at Ethan's Park
- 11:00 - 1:00 - Free BBQ at Ethan's Park
- 9:00 - 1:00 Live music



Mail form and entry fee to:

Marcie Kostrunek
 c/o Cozad TeamMates
 609 E 13th Street
 Cozad, NE 69130
 308-784-3517
 308-325-3905
 mkostrun@esu10.org

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 E-mail: _____
 Emergency contact: _____
 Sex (circle) M F Race Day Age _____

Choose your race:
 5 K Fun run _____
 1 Mile walk _____
 Big Wheel/Tricycle _____
 Scooter _____
 Rip Stick _____

Waiver: I know that participating in a race is a potentially hazardous activity. I hereby waive and release all rights and claims to damages I may have against the organizers and sponsors of Ethan's Park Dedication and the TeamMates Fun Run/walk/race for any and all injuries suffered by me or my child in this event. I further certify that I am in good enough health to participate in this event.

Signature of participant: _____ Date: _____