

Howells 5K Rib Run/Walk

Starting Time: 9:00 A.M.

Sponsored by Howells-Dodge FCCLA

Saturday, September 26, 2015

Begins by St. John Nepomucene Church
322 S. 2nd Street in Howells

Register by September 12 to receive a t-shirt!!

Registration will begin at 8:15 A.M.

Entry Fee:

\$20.00 with T-shirt – \$15.00 without T-shirt

(Walk-ins are welcome, but they will not receive a t-shirt.)

*Awards will be given to the top three males and females in each age division.

Registration Form

Name: _____

Address: _____

email address: _____

Gender: _____ Male _____ Female

Age Division: (circle one)

10 and under 11-18 19-30
31-50 Over 50

T-shirt Size: (circle one)

Adults S M L XL XXL
Children S M L

Mail Registration Forms To:

Marla Prusa
Howells-Dodge Consolidated
P. O. Box 159
Howells, NE 68641

Make Checks Payable To:

Howells-Dodge FCCLA

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs and executors, waive and release any and all rights and claims for damages or injury suffered by me against the Howells-Dodge FCCLA or any volunteer workers. I realize that this is a strenuous physical activity and I verify that I am in good enough physical condition to participate in this event and other sponsored activities.

Participant's Signature

Parent/Guardian Signature(if under 19)