**Howells 5K Rib Run/Walk**



**Starting Time: 8:30 A.M.**

**Sponsored by Howells-Dodge FCCLA**

***Saturday, September 7, 2019***

Begins by St. John Nepomucene Church

322 S. 2nd Street in Howells

**Register by August 23 to receive a t-shirt!!**

Registration will begin at 8:00 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.

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**Registration Form**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Mail Registration Forms To:**

**Address:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Marla Prusa

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Howells-Dodge Consolidated

 P. O. Box 159 Howells, NE 68641

**email address:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender: \_\_\_\_\_ Male \_\_\_\_\_\_Female **Make Checks Payable To:**

 Howells-Dodge FCCLA

**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

**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.

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 Participant’s Signature Parent/Guardian Signature (if under 19)