



Firth Fall Festival FUN RUN

FIRTH
2009

WHAT: 2 Mile Fun Walk -- 2 & 5 Mile Run

WHEN: Saturday, September 26, 2009

Registration begins at 7:15 AM

Races begin at 8:00 AM

WHERE: Downtown Firth, 3rd & Nemaha

Registration Fee:

Walkers: No registration fee & not eligible for prizes

Runners: Postmarked by 9/16--\$20, includes T-shirt

Runners with a race number are welcome to eat at the Fireman's Pancake Feed following the race - all others are a free will donation. Pancake feed is 7-10 a.m.

Registrations received after deadline: \$30 and no shirt guarantee

For more information contact:

Charlene TenHulzen —791-5739 or Kerri Koehn—791-5003

Firth Fall Festival FUN RUN REGISTRATION FORM:

Name: _____

Address: _____

Telephone: _____ Email: _____

Walker (free, no shirt): _____ Walker (t-shirt, \$20) _____ 2 Mile Run: _____ 5 Mile Run: _____

Sex: Male: ___ Female: ___ Age on race day: ___ Date of birth: ___ Shirt size: _____

Shirt size options: YM, YL, MS, MM, ML, MXL, MXXL, WS, WM, WL, WXL, WXXL

Send registration form & fee to:

Charlene TenHulzen, PO Box 261, Firth, NE 68358

Checks payable to: Firth Community Association

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to run the distance of this event, 2 & 5 miles. I understand that the weather conditions can be hot and humid or wet and slick and there is a danger of heat-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 high heat and/or humidity, or wet and slick conditions, traffic and the condition of the road, 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 Firth Community Association 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.

_____ (Participant Signature) _____ (Date)

Parent/Guardian: _____ (Date)

Parent or Guardian must sign if under 18

All profits from this race are being donated to the Agua for Africa Project. Agua for Africa is a group of children in the community who realize that even a child can change the world. This is exactly what they have set out to do. The Agua for Africa Team consists of ten children from four local families who want to provide clean water for a community in Africa through World Vision's Gift Catalog. They pursue this goal through various fundraising projects to raise a total of \$18,000, the amount needed to drill a deep well to access life-giving and disease-free clean water. You can learn more about the project by visiting <http://aguaforafrica.shutterfly.com>

