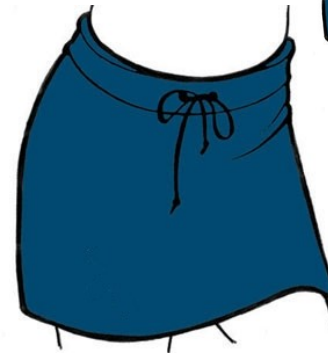


LADIES FIRST 5K



\$18 Early Registration
(received by February 10th)
\$20 on Race Day

First 50 registrants get a goody bag including a race tee, cotton gloves and valuable coupons from Skirt Sports!

February 15th / 9:00 AM

Race Starts at PWCC – Bridgeport, NE

“Ladies First” – The women don’t have to wear a skirt, but they will get a 3 minute head start!

Waiver of Liability: I agree that by participating in the Ladies First 5K Run/Walk, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property. I consent to medical treatment in the event of injury, accident and/or illness during the Ladies First 5K Run/Walk. In exchange for accepting my entry fee, I agree to be legally bound, for myself, my heirs, next of kin, executors, and administrators and voluntarily assume all risks of accident or injury and release and forever discharge, indemnify and hold harmless Prairie Winds Community Center and the City of Bridgeport, its officers, employees, members, representatives, agents, volunteers and/or sponsors (“Released Parties”) from any and all liability for personal injury or property damage of any kind sustained during this event whether such personal injury or property damage is caused directly or indirectly by the Released Parties. I have full knowledge of the risks involved and attest that I am physically fit and sufficiently trained to participate in the 5K Run.

Name: _____ Age: _____ Male _____ Female

Address: _____ City: _____ Zip: _____

Email: _____ Phone: _____

Signature of Runner: _____

Legal Guardian’s Signature _____

(If participant is under 18 on February 9, 2013)

Emergency Contact: _____ Phone: _____

Make Check Payable to

Prairie Winds Community Center • 428 N Main St • Bridgeport, NE 69336

PAID by _____ Cash _____ Check _____ CC _____ Rcvd by: _____ Date: _____ Receipt # _____

Brought to You By:

Team Fitness Challenge & Prairie Winds Community Center