



# The Ralston Optimists 2014

## INDEPENDENCE DAY FUN RUN/WALK Friday, July 4<sup>th</sup>, 2014

1-mile Fun Walk/Run at 7:50 a.m.  
3-mile Race at 8:00 a.m.

### Entry fee:

\$15.00 if received by Monday, June 30, 2014.  
\$20.00 for all registrations on race day (sorry, no family discount on race day).

*Entries include a T-shirt  
with an annual design!*

## Race Information

**In the 3-mile race, the first overall male and female win plaques**, as well as the first two males and females in these age groups:

14 & under    15-19    20-29

30-39    40-49    50-59    60-69    70 & over

**NEW THIS YEAR: PATRIOT DIVISION!** All runners who have served or are serving in the armed forces are automatically entered in this division. Plaques will be given for the 1<sup>st</sup> place male and female division winners.

### ATHENA AND CLYDESDALE DIVISIONS!

Female runners over 150 pounds and male runners over 200 pounds can enter to win prizes in the Athena and Clydesdale divisions, respectively.



**This is one of the oldest runs in Nebraska.**

It is run through the tree-lined neighborhoods of the beautiful city of Ralston.

**Both courses are not certified and are hilly.**

The walk course is longer than a mile and the run is just short of 3 miles in order to maintain the run's fine tradition.

**Both courses start in beautiful downtown Ralston and head west on Main Street.**

Take a right on Woodlawn, then another on "Q". Follow "Q" back downtown via 80<sup>th</sup>, Oakwood, and Miller Ave. (now known as Independence Avenue).

**Race times are posted at the finish line, but are not mailed out.** No time is kept in the walk. In the Fun Run, awards will be given to the first two boys and girls 14 and under.

**EARLY PACKET PICKUP FROM 5-7 P.M. ON JULY 3<sup>RD</sup>.** Packets will be available for pickup the day before the race at the Ralston city offices at 5500 S. 77<sup>th</sup> St.

**On race morning, Packets should be picked up between 7:00 and 7:30 a.m.** at the Ralston city offices at 5500 S. 77<sup>th</sup> St., north of the gazebo.

\*\*\*

**For more information:** Call (402) 680-1023  
or (402) 990-4154

## Ralston Optimists Independence Day Fun Run/Walk Registration Form

**Mail to:** Ralston Fun Run, c/o Ralston Insurance Agency, 7608 Park Dr., Ralston, NE 68127

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

St. \_\_\_\_\_

Zip \_\_\_\_\_

**Sex :** M    F

**T-Shirt Size:**

Youth S

Adult S

M

L

XL

XXL

Patriot Division: Y    N

Clydesdale/Athena Entry: Y    N

Age Division:

14 & U

15-19

20-29

30-39

40-49

50-59

60 -69

70 & over

*I am entering this event at my own risk and assume any and all responsibility for injuries I may incur as direct or indirect result of participating in this event.*

**Signature (Parent or guardian signature is required if under 18)** \_\_\_\_\_

**Date** \_\_\_\_\_