Deshler Daze 2019
1 mile/5k/10k walk/run

Saturday, June 15th, 7:00 a.m. Deshler, Nebraska

Entry Fees: $25, $20, or $10 Race Entry for the 10k, 5k, and 1 mile, respectively (T-shirt guaranteed if registered by June 4th). Participants registering on race day will receive a t-shirt while supplies allow.

Event Times/Place: 6:15-6:45 a.m. Race Day Registration (if you did not pre-register)
7:00 a.m. 5& 10K Walk/Run
7:15 a.m. 1 mile Walk/Run (4 laps around the high school track)
Start and Finish at 3rd & Locust (right outside of the Deshler High School track)
Chip timing will be provided by Black Squirrel Timing of Lincoln, Nebraska
www.blacksquirreltiming.com

Awards: Cash Awards for 1st,2nd & 3rd Place Male & Female 10k
Cash Awards for 1st & 2nd place 18 & under, 19-29, 30-39 & 40+ Male & Female 5k

Send Entries and Make Checks Payable To:

Deshler Chamber of Commerce
Attn: Mark Varner
P.O. Box 173
Deshler, NE 68340

Enter online at: www.deshlerchamber.org/walkrun-form.html

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL ADDRESS: _____ M/F _____ Age on 6/15/2019: _____

Desired Race 1 mi 5k 10k

T-Shirt (Adult Sizes): S M L XL XXL XXXL

T-Shirt (Kids Sizes) S M L XL

By my signature below, I hereby approve and authorize the use of my name and photograph/motion pictures in any connection with the Deshler Daze 5k/10k. Further, I release all Walk/Run sponsors, organizers, workers and volunteers from any and all liability for accident, injury, death, or damages of any kind incurred by me arising from my participation in this activity. I affirm that I have prepared for this event through exercise, training, and nutrition/hydration. I have not been advised by a medical professional to avoid strenuous exercise. I understand that there will be traffic on the course and I assume all risks from such traffic. I further assume any and all risks from falls, collisions with other participants, and from wild or domestic animals. I take this action voluntarily, for myself, my executors, administrators, heirs, next of kin and successors.

_____ _____ _____
Signature Date Parent Signature (if under 18)