



# **Cystic Fibrosis 5K and 1 Mile Fun Run/Walk**

Saturday, July 21<sup>st</sup>, 2012



**Run Hard, Breathe Easy**

HOSTED BY: Cortney Sommerhalder

and Deb Wilson

Website: [cysticfibrosisfunrun.weebly.com](http://cysticfibrosisfunrun.weebly.com)



# Saturday, July 21st, 2012

Courses will begin at the Johnson County Hospital, wind through the streets of Tecumseh, NE, and finish back at the Hospital.

Packet Pick up begins: 8:30 AM  
Race Time: 9:00 AM

There will be a men's, women's, and children's (13 and under) division. The top three places in each division will receive a medal in both the 1 mile and 5K. All children registered will receive participation ribbons.

Shirts are provided to every participant. Shirts are not guaranteed if registered after July 7<sup>th</sup>. Cost will also be \$25.00 after July 7<sup>th</sup>.

You can register online as well as mail your forms in. To seek online registration visit:  
<http://www.cysticfibrosisfunrun.weebly.com>

Please read the waiver and know you are agreeing to this waiver before registering.

Registration is non-refundable or transferable. We will run rain or shine. Strollers are welcome in this event.



**ALL PROCEEDS WILL  
BE DONATED TO THE  
CYSTIC FIBROSIS  
FOUNDATION IN  
SEARCH FOR A CURE.**

Make Checks Payable to:  
CF Fun Run

Johnson County Hospital  
Attn: Cortney Sommerhalder  
202 High Street  
Tecumseh, NE 68450

E-mail: [cs\\_pta@yahoo.com](mailto:cs_pta@yahoo.com)

## Sign Up

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_

<b>Sign up for:</b>	<b>Time</b>	<b>Price</b>
<input type="checkbox"/> 1 mile Run/Walk	9:00am	\$20.00
<input type="checkbox"/> 5K Run/Walk	9:00am	\$20.00
<b>After July 7th:</b>		
<input type="checkbox"/> 1 mile Run/Walk	9:00am	\$25.00
<input type="checkbox"/> 5K Run/Walk	9:00am	\$25.00

*T-Shirt Size (circle):*  
Adult: S M L XL XXL  
Youth: S M L

*PLEASE READ THIS WAIVER OF  
RESPONSIBILITY BEFORE REGISTERING  
FOR THE CYSTIC FIBROSIS FUN RUN*  
*All participants of the Cystic Fibrosis Fun Run are required to  
sign the Waiver of Responsibility for participation.*

*I acknowledge that in consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may happen to me during the even known as the Cystic Fibrosis Fun Run, and I hereby release and agree to indemnify, defend, and hold harmless the City of Tecumseh, sponsors, promoters, and all other persons or entities associated with this event from all injuries and damages, or otherwise. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of the event for any legitimate purpose.*

**SIGNATURE:** \_\_\_\_\_  
**(Parent or Guardian if under age 18)**

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