

# Stridin' for Students 5k

Hosted by Papillion Fit

Partnering with



PAPILLION-LA VISTA

SCHOOLS FOUNDATION

INVESTING IN THE FUTURE

**Saturday, August 3, 2019**

**8:00 a.m. Mile Fun Run**

**8:20 a.m. 5k**

**@ PL South HS (108th & HWY 370)**

## Race Details

**Course:** Both races will start in front of the stadium and finish on the track. The 5k will include portions on the Walnut Creek trail and some grass trails.

**T-shirt:** All pre-registered entrants will receive a t-shirt

**Packet Pickup & Late Registration:**

Race Day- 6:30-8:00 a.m. at the stadium.

**Post race:** Awards, refreshments, and food.

**Direct ?s to:** Jeremy Haselhorst (402-312-3315) or Shannon Stenger (402-657-5361)

**Email:** papillionfit@gmail.com

**\*No refunds will be given if the event is canceled due to inclement weather (lightning)**

**NOTE:** All proceeds from the race will go to the Titan Athletic/Activities Fund for Excellence through the Papillion-La Vista Schools Foundation to help the PL South XC Team. Please contact us if you are interested in making a donation to this fund. Donations can be sent to the Foundation at 242 W. Grant Papillion, NE 68046

### AGE GROUPS:

12 & under; 13-14; 15-19; 20-29; 30-39; 40-49; 50 & over.

### AWARDS:

5K ONLY- Brooks Shoes to Overall Male/Female; Top 3 in each age group will receive an award.

**NOTE:** High School athletes are not eligible for the shoe prize.

### Entry Fee

**1 mile Fun Run:**  
**\$15.00 If Postmarked by July 27th**

**5k Run:**  
**\$20.00 If Postmarked by July 27th**

**\$25.00 Late or Race Day (not guaranteed shirt or size)**

**Mail Form & Entry Fee to:**

Jeremy Haselhorst  
707 Fenwick St  
Papillion, NE 68046

**\*Make checks payable to Jeremy Haselhorst**



**To register online visit: <http://stridinforstudents5k.itsyourrace.com/>**

Name: \_\_\_\_\_ Male  Female

Address: \_\_\_\_\_ Age (Race Day): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_

Race: 5k  1 mile Fun Run

Shirt Size: (Youth) Small  Medium  Large

(Adult) Small  Medium  Large  X-Large  XX-Large

Registration Amount:  \$15.00- 1 mile Fun Run (If Postmarked by July 27th)  
 \$20.00- 5k Run (If Postmarked by July 27th)  
 \$25.00 Late or Race Day (not guaranteed shirt or size)

Waiver: I know that running a road race is a potentially hazardous activity. I am in proper physical condition to compete in this run/walk and assume all risks associated with my participation including, but not limited to, falls, contact with other participants, and the effects of the weather including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I will not wear headsets or any device that restricts my hearing or other perception. In consideration of this entry, for myself and anyone entitled to act on my behalf, I waive and release all race officials, volunteers, sponsors, and any others associated with this event.

Signature of Participant/Parent if under age of 18

Date