

KEARNEY TRAIL RUN SUNDAY

OCTOBER 4

COTTONMILL PARK 2:00pm



REGISTRATION:

- **If you pre-register by Thursday, September 24, you will receive a free soft-style long sleeve shirt.**
- 5k Run entry fee: \$18
- Registration Deadline: Thursday, October 1 (event day registration *WILL NOT* be accepted).
- All participants will be entered into a random prize drawing; after completion of the race, check the board to see if your name is listed as winning a prize.
- **Register online at KPRregister.org or mail-in the form below.**

RACE INFORMATION:

- Participants will be assigned a heat time according to their average 5k time. Heat times will be 2:00, 2:05 or 2:10pm. Participants will be emailed their heat time Friday before the race.
- Check-in between 1:00-1:50pm. After check-in participants must maintain a 6' social distance. Masks are encouraged to be worn before and after the race.
- Granola bars & water will be provided after the race.
- We encourage all runners to promptly exit the race headquarters once you have finished the race to avoid large gatherings.
- In case of inclement weather, call 4-INFO @ 234-4636 ext. 4113 for information.

RACE COURSE:

- Course will be a mixture of paved roads, as well as natural and paved trail systems throughout the park. Race will start and finish just south of the lodge at Cottonmill Park.
- An aid/water station will be provided.

AWARDS:

- **Awards WILL NOT be announced the day of the race. Results will be posted on the KTR Facebook Event Page and participants will need to stop at the KPR Office to pick up their awards.**
- The top three finishers in each age and gender division will receive awards.

MORE INFORMATION WILL BE ON THE KEARNEY TRAIL RUN FACEBOOK EVENT PAGE AND EMAILED TO PARTICIPANTS THE WEEK OF THE RACE (This will include COVID-19 precautions).

This race is part of the Kearney Race Series. For more information go to www.kearneyraceseries.org.

5K KEARNEY TRAIL RUN ENTRY FORM

WAIVER: I hereby waive and release all rights and claims for damages I may have against the City of Kearney, organizers and sponsors of the Kearney Trail Run for any and all injuries suffered by me in this event. I further certify that I am in good enough health to participate in this event. I also agree to the use of my name and picture in publicity and media coverage of this event.

Your Signature

Parent/Guardian Signature
if under age 18

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Emergency Contact/Phone: _____

Male Female

Age Division (please check one):

14 & under 15-18 19-29 30-39
 40-49 50-59 60-69 70+

Average 5k Time: _____ (must provide)

T-shirt size, if registered by Sept. 24.

Youth Med. Youth Large Adult Small Adult Med.
 Adult Large Adult XL Adult XXL Adult XXXL

Do you want to be part of the Kearney Race Series?

Participation is free!

YES

NO

Hurry! Early entries are due by Sept. 24!
Only those pre-registered are guaranteed their long sleeve shirt!

Mail this form with your entry fee to:
City of Kearney Park & Recreation Dept.
P.O. Box 1180
Kearney, NE 68848
Checks payable to: City of Kearney