

NORTHWEST TWILIGHT Mile & 4 mile GLOW RUN

August 7, 2010, starts at 9:00 PM

Mail this entry form with your entry fee to address below:

Full Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ Age _____ Male—Female (circle)

Circle T-shirt size and race

(circle one size and race)

Youth 6-8 10-12 14-16

Adult S M Lg XL XXL

Mile Run -Middle School & Under only

Divisions for each male & female

(Circle one)

Middle School & under; High School

College; 21 - 29

30 - 39; 40 - 49

50 - 59; 60 - 69

70+ 4 Mile Run

Participants sign waiver below

Waiver: By its nature, participation in athletics includes a risk of injury which may range in nature from minor, to long term, or to even death. Although serious injuries are not common, it's impossible to eliminate this risk. Participants can, and have the responsibility to help reduce the chance of injury.

Runners must obey all safety rules. Northwest High School does not screen applicants for illness, injury, allergies or other medical conditions which would prevent or limit the participation by the applicants in this event. It's the responsibility of all participants and the parents or guardian of each applicant under age 18 to determine his or her fitness to participate in athletic or recreational programs. By signing this permission form, I acknowledge that I have read and understand the above warning. I acknowledge that I do not know of any medical condition which would prevent or limit the participation of this applicant in athletics or this event. I, on my own behalf, and behalf of this applicant, hereby release Northwest High School and its employees, agents and representatives from any financial responsibility or liability arising from injury to this applicant in connection with his or her participation in this event including injury resulting from negligence (other than gross negligence) of employees, agents, or other representatives of Northwest High School.

Signed this _____ day of _____ 2010 _____
(participant signature)

If runner is under age 18: Parent/guardian _____

Entry fee is \$15.00 received by Monday, August 2, no guarantee of t-shirt after this date.

Make checks to "Northwest Cross Country"

Mail Entry Form and Fees to:

Dave Olson

4234 Kay Ave.

Grand Island, NE 68803

Questions call 308-379-9630 or

davolson@esu10.org

Run Information:

The 2nd Annual TWILIGHT MILE AND 4 MILE RUN WILL START TOGETHER AT 9:00 PM at Northwest High School, 2710 N. North Road.

The Northwest Twilight Mile will run ½ mile down and back on the 4 mile course. All middle school runners on down should have a name tag on their shirt, which will be taken at the finish line. There will be a finish shoot for males and a separate shoot for females. Girls left, boys right.

4 MILE RUN -

All participants should wear the glow bracelet provided for the race as it will be run after sundown. You can wear it anywhere on your body as long as it is visible. All runners must wear their name tag on their shirt, which will be pulled at the finish line. Burning torches will be at all of the turns of the course as well as course judges to provide a safe run. The course will wind around the Northwest community and back to Northwest High School. There will be 2 finish shoots, one for males, one for females. Girls left, boys right.

AWARDS: There will be medals awarded to the first 2 finishers in EACH AGE DIVISION of the 4 mile race, male and female. Medals will be awarded to the first 5 runners of the mile run, male and female.

Results will be posted on a finish board after all runners have completed their event.