

2nd Annual
“Ride & Run For Your K-Life!”

A 10K Run, 5K Run and Family Bike Ride to benefit
Omaha K-Life Youth Ministry

Date: September 18, 2010

Place: Lake Zorinsky-168th St. entrance-shelter #6

Start Time: 10K-7:30 a.m. 5K-9:00 a.m. **Bike Ride**-10:30

Register online at Active.com or Omaharun.org

Registration will open June 7th



Lunch will be available for purchase!

.....
Race Entry Fees (t-shirt included) **5K run** or **10K run**=\$25
Family Bike Ride (One t-shirt included) **Per Family**=\$25 **Individual**=\$15
Choose event (Please Circle) 5K 10K Family Bike Ride \$ _____
Circle T-shirt Size: (adult sizes) S M L XL
TOTAL AMOUNT ENCLOSED \$ _____

Please make checks payable to: Omaha K-Life

First Name: _____ Last Name: _____
 DOB: _____ Age on 9/18/2010 _____ Phone: _____
 Email Address: _____
 Mailing Address: _____
 City, State, Zip: _____

MAIL REGISTRATION TO:

Omaha K-Life
16356 Burt Street
Omaha, NE 68118

Waiver (must be signed)

I, intending to be legally bound, for myself, my heirs, executors, administrators, waive and release any and all rights and claims I may have against K-Life, Omaha K-Life, board of directors, the city of Omaha, and all agents, promoters, sponsors, persons, officials, and organizations affiliated with the event for any and all injuries suffered by me while traveling to and from and while competing in this event. I further attest that I am physically able to complete this event. I give permission for free use of my name and/or photographs in any broadcast, telecast, newsprint, or any other account of this event. I acknowledge I have read and fully understand my own liability and do accept the restriction. I have read and fully agree to the above.

Signature (Parent/Guardian must sign if under 18) _____ **Date** _____

Download the pdf@

omaha.klife.com

email: omahaevents@klife.com

Register online at Active.com

or at omaharun.org