

What: **Monster Dash 5K & Little Goblins Run**

When: Saturday October 31, 2009

Where: Chalco Hills (154th Ave & Giles)

Who: Runners and walkers of all ages.

Time: Little Goblins (ages 10 and under) Run 9:00 AM & Monster Dash 9:30 AM

Preregistration Fee: Monster Dash \$25, Little Goblins \$10

Race Day Entry Fee: Monster Dash \$30. Packet pick up will be 8-9 AM

This event features a costume contest, scary music and festivities, frightening food, and terrifying t-shirts. The top three in each age group, and all little goblins, will receive a custom made award. It is sure to be a spooktacular time!

Please follow the link for online registration:

MONSTER DASH

<http://www.teamnebraska.com/monsterdash/>

OR

MAKE CHECKS PAYABLE TO NEBRASKA RUNNING CLUB. MAIL PAYMENT TO:

2009 MONSTER DASH & LITTLE GOBLINS RUN
19321 Holmes Street, Omaha NE 68135

Name _____ Age on 10.31.09 _____ SEX _____

Address _____ City _____ Zip _____

Email _____ Phone _____

T-Shirt Size: Adult S M L XL Child S M L

Waiver (entry invalid if not signed)

I hereby assume the risk of participating in any of the activities sponsored by the Nebraska Running Club and Monster Dash & Little Goblins Run organizing committee in the Monster Dash & Little Goblins Run on Oct. 31, 2009 . In return for permitting me to participate in such activities, I on behalf of myself, my legatees, administrators and assigns, HEREBY WAIVE, RELEASE, AND DISCHARGE ANY AND ALL LIABILITY, CLAIMS AND CAUSES OF ACTION AND AGREE NOT TO SUE Nebraska Running Club, members of the organizing committee, race volunteers, or any other sponsors of the event regardless of whether they contributed financially. Further, I release any officers, agents, servants and employees in connection or arising from any illness or personal injury (including death) which I may incur as a result of my participation in the Monster Dash & Little Goblins Run.

Signature _____ Date _____

Guardian (If under 18) _____ Date _____