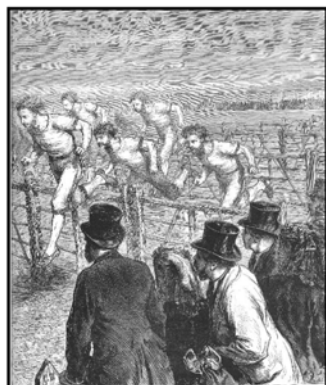
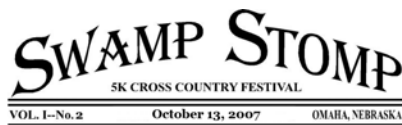


THIRD ANNUAL SWAMP STOMP 5K XC FESTIVAL



- **OCTOBER 18, 2008**
- **9:00 a.m. Start**

**ZORINSKY LAKE,
OMAHA, NE (156TH & F)**



3ND Annual

SWAMP STOMP 5K XC FESTIVAL

- OCTOBER 18, 9:00 a.m. START
- ZORINSKY LAKE BOAT RAMPS, OMAHA, 156TH & F

- LIVE CAJUN MUSIC BY:
THE PRAIRIE GATORS
- AUTHENTIC CAJUN CUISINE
- ARTISTICALLY DESIGNED LONG SLEEVED T-SHIRTS

CUSTOM AWARDS

- TOP 3 IN EACH AGE GROUP
- DOOR PRIZES & CASH AWARDS
- FESTIVE CAJUN FUN!

*The race is always a foot stompin' good time. Come out and enjoy the live music, great food, fun course, and a very festive Cajun good time.

Entry fee is \$20.00/\$22.00 race day. Packet pick up will be the morning of the race from 7:00-8:30 a.m.

Team Nebraska Brooks
Is a USA Track & Field Elite Development club that provides opportunities for post collegiate and other serious athletes from Nebraska. USA Track & Field is the National Governing Body for the sport of running in the United States.

INFORMATION

For general information or to volunteer contact:
lindabarnhart@cox.net

RACE DIRECTORS:
Linda Barnhart & Will Lindgren

Sponsored by:



Contributors:
No Frills
Hill of Beans
Barnhart Law

Mail entry and fee to:
Swamp Stomp 5K
18312 Ontario St.
Omaha, NE 68130

This event is provided for the entire running community as a fun way to celebrate fitness and Cajun flavor. The Swamp Stomp will also serve as the USATF Nebraska Association Cross Country Championships.

Name _____ Age on 10.13.08 _____ M or F T-shirt S M L XL

Address _____ City _____ Zip _____

Email _____ Phone _____

Entry fee: \$20.00 (postmarked by 10.08.08) Race day registration accepted. \$22.00.

Make Checks payable to: Team Nebraska

Mail Payment to: Swamp Stomp 5K, 18312 Ontario St., Omaha, NE 68130.

Waiver (Entry invalid if not signed):

I hereby assume the risk of participating in any of the activities sponsored by Omaha Sports Physical Therapy, Team Nebraska Brooks, and the Swamp Stomp 5K organizing committee in the Swamp Stomp 5K on October 11, 2008. In return for permitting me to participate in such activities, I, on behalf of myself, my heirs, legatees, administrators, and assigns, HEREBY WAIVE, RELEASE, AND DISCHARGE ANY AND ALL LIABILITY, CLAIMS AND CAUSES OF ACTION AND AGREE NOT TO SUE Omaha Sports Physical Therapy, Team Nebraska Brooks, members of the organizing committee, or any other sponsors of the event regardless of whether they contributed financially. Further, I release their officers, agents, servants, and employees, in connection with or arising from any illness or personal injury (including death) which I may incur as a result of my participation in the Swamp Stomp 5K.

Signature _____ Date _____

Guardian (If under 18) _____ Date _____

For more information on USA Track & Field go to USATF.ORG