Timing Chip/Packet Pickup:
September 22 (day of race) from 6:30 am to 7:30 am.

Bib Numbers & Timing Chips:
Bib numbers and timing chips will be assigned by race organizers once a participant has registered and will be distributed as participants pick up their race packets.

Restrictions:
For the enjoyment and safety of all, please no pets, strollers, inline skates, etc.

Refund Policy:
Regardless of snow, wind, rain or shine, we will run. Sorry, NO REFUNDS!

Sponsors and Additional Information:
For up-to-date list of sponsors and information on this event, please check our website at www.wnccfoundation.org

If you would like to be a sponsor, please call Dayle Wallien at 308-630-6550.
**Events & Fees:**

- **5K Run/Walk – Individual**
  - By 9/14: $20**
  - Day of Event: $25**
- **10K Run – Individual**
  - By 9/14: $25**
  - Day of Event: $30**
- **10K Relay Road Race (4-Person Teams)**
  - By 9/14: $80**
  - Day of Event: $100**
  - ($20* per runner)
- **Kids’ Fun Run (1K or 1 mile)**
  - By 9/14: $5
  - Day of Event: $5

**Note:** Individuals aged 12 or less who run in the 5K or 10K events need to pay the fee for the 5K or 10K event.

**Late Registration:**

Late registrations (those received on or after September 14) will not be guaranteed a t-shirt or a goodie bag. In addition, late registrations will NOT be included in the early registration door prize drawing.

**5K & 10K Race Categories:**

Awards will be given to the top 3 male & female racers in each of the following age groups:

- 12 & under
- 13-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

**10K Relay Road Race Registration (4-person teams):**

Each team member will run 2.5K. Awards will be given to the top 3 teams.

Relay team members need to submit all 4 registration forms and fees in the same envelope. A team will not be registered unless all 4 team members have submitted their registration forms and paid the entry fee. A $5 discount will be granted to each team member that is a student.

**Kids’ Fun Run:**

There will be a fun run for kids 12 and under. Prizes will be awarded for the fastest 3 runners in an 8-12 one-mile race and a 1K race for those 7 and under.

**Early Registration Prize Drawing:** (Trust us, you’ll want to register early!)

All participants who submit their paid registration by Friday, September 14 will be eligible for a special early registration drawing for a flat screen TV! Registrations must be submitted or postmarked by 5 pm Friday, September 14. Registrations submitted after this date will not be eligible for the early registration drawing. Must be present at the awards ceremony to win.

**Prize Giveaways:**

During the awards ceremony, there will be drawings for door prize giveaways in addition to the early registration prize. Door prizes will be awarded to anyone registered for the race, regardless of registration date; however, participants must be present to claim a prize.

First Prize Men’s & Women’s Overall 10K Winner: $500
First Prize Men’s & Women’s Overall 5K Winner: $300
WNCC Foundation Fall Frolic

Registration Form

First Name: ____________________________  Last Name: ____________________________

Street Address: ____________________________

City, State, Zip Code: ____________________________

Phone Number: ____________________________

Email Address: ____________________________

Emergency Contact Name & Phone Number: ____________________________

Date of Birth: ____________________________  Age on 9/22: ____________________________

Gender:  Female [ ]  Male [ ]

Are you a student?:  Yes [ ]  No [ ]

Event (mark 1):  On or Before September 14  After September 14

Kid’s Fun Run:  $5  ____________________________  $5  ____________________________

5K Run/Walk:  $20  ____________________________  $25  ____________________________

10K Run (Individual):  $25  ____________________________  $30  ____________________________

10K Relay Race:  $20 (x4)  ____________________________  $25 (x4)  ____________________________

** There is a $5 discount for students with student ID.

10K Relay Team Registration Instructions:

1. Follow steps 1 or 2 above.

2. Please submit on same date or mail all 4 registrations for the members of a relay team in the same envelope.

3. The $5 student discount may be applied to each individual on the team that is a student.

Tell us a fun fact about you that we can share with others!

Answer one or more:  Is this your first race?  What is your proudest athletic accomplishment?  What is your nickname?  Other???

PLEASE REGISTER EARLY!

Runners whose registrations are received on or before 5 p.m. SEPTEMBER 14 are:

- Guaranteed a t-shirt
- Guaranteed a goodie bag
- Registered for the early registration drawing to win a flat screen TV

Registrations & payments received on or after SEPTEMBER 15:

- will NOT be included in the early registration prize drawing
- NOT guaranteed a t-shirt or goodie bag.

SEPTEMBER 22 (Day of Race):

- No price discount!
- Sorry, no debit or credit cards accepted the day of the race.

** Please register early!**

Tell us a fun fact about you that we can share with others!

Answer one or more:  Is this your first race?  What is your proudest athletic accomplishment?  What is your nickname?  Other???

Registration Instructions:

Two easy ways to register!

1. To pay by credit card:
   Register online at wncc.edu/foundation/give/run

2. To pay by check:
   a. Complete all items on the Registration form (on right).
   b. Sign the Waiver of Liability form (on back). You will not be allowed to participate unless you sign this waiver.
   c. Make checks out to “WNCC Foundation.”
   d. Mail completed Registration Form, Waiver of Liability & check to:
      WNCC Foundation
      1601 E. 27th Street
      Scottsbluff, NE  69361
   e. Questions: Call 308-630-6551
WNCC Foundation Fall Frolic
Waiver of Liability

THIS IS AN IMPORTANT LEGAL DOCUMENT. READ CAREFULLY BEFORE SIGNING.

In consideration of my entry into the WNCC Foundation Fall Frolic 5K Run/Walk, 10K Run/Relay, or Kids’ Fun Run, I, for myself, my heirs, my executors, my administrators, my trustees, and any and all successors in interest, fully and forever waive and release any and all rights and claims for any injuries and damages, including but not limited to demands or actions for negligence, premises liability, emotional injury, intentional conduct, resulting in unintended injury or damage tort claims, any other actions or demands of whatsoever nature, to the fullest extent permitted by law, I may have against (1) Western Nebraska Community College Foundation; (2) Western Nebraska Community College; (3) City of Scottsbluff; (4) USA Track & Field; (5) Scotts Bluff County; (5) all sponsors of the WNCC Foundation Fall Frolic 5K Run/Walk, 10K Run/Relay & Kids’ Fun Run; and (6) all employees, principals, directors, shareholders, agents, members, managers, affiliates, volunteers, officials, and representatives acting for or on behalf of any of these entities.

I am aware of the inherent risks involved in the event in which I am participating, and I voluntarily assume these risks. I attest that I am physically fit and I have sufficiently trained for competition in the WNCC Foundation Fall Frolic event in which I have chosen to compete and have had opportunity to have a medical doctor verify my physical condition.

As a condition of my participation in this event, I hereby grant the WNCC Foundation and WNCC a limited license to use my name, likeness, image, voice, video, athletic performance, biographical and other information (collectively, “Likeness”), in any format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Foundation, the event or WNCC.

The WNCC Foundation reserves the right to reject my entry and further reserves the right to change the details of the event without prior notice. I understand and agree to abide by all USATF rules. I understand that my entry fee is non-refundable.

Printed Name:       Age:

I am at least 18 years of age and have read and understood the above.

Signature:       Date:

I am under 18 years of age. My parent or legal guardian has read and understood the above and is signing below. He/She consents to my participation in the event under the terms hereof.

Signature of Parent or Guardian:       Date: