

The TSCI Wellness Committee Presents



The 3rd Annual TSCI Prison Break 5K Run/Walk

April 12, 2014 at 10:00 am

Registration begins at 9:00 am at

The First Baptist Church Activity Center- 333 Jackson St

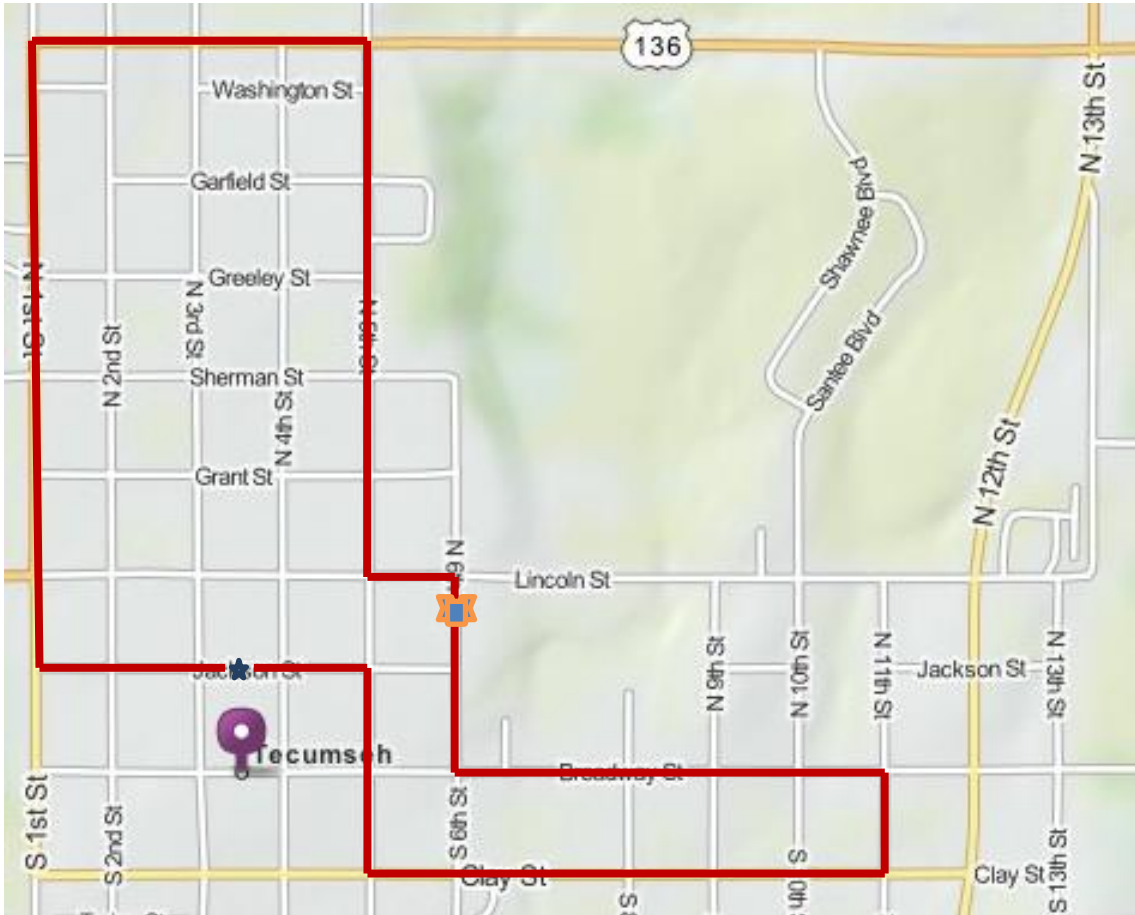
Entry Fee:

Pre-registration for 5K Run - (must be postmarked March 24th) - \$20.00

5K Run Registration (postmarked after March 24th or race day): \$25.00

- ◆ All pre-registrations are guaranteed to receive a t-shirt and gift bag upon registration.
- ◆ Prizes for the overall male and female winner in each category will be awarded.
- ◆ Door prizes will also be given out through random drawing of participants.
- ◆ Registration will start at 9:00 am in the The First Baptist Church Activity Center
- ◆ A reception area with drinks and snacks will be setup following the race.

TSCI Prison Break 5K Route



= 333 Jackson St. Tecumseh Nebraska = Start and Finish of 5k and finish of 1mile fun Run



= 5k route



= Water Station and approx. Halfway point 1.6 miles

REGISTRATION FORM

Name: _____

Address: _____

Phone: _____

Email: _____

Date of Birth: _____ Age: _____

Adult T-Shirt Size S M L XL XXL Other _____

Youth T-Shirt Size XS 2-4 / S 6-8 / M 10-12 / L 14-16 Other _____

T-Shirts are not guaranteed for those that do not submit entry prior to March 24th

Race will be held regardless of weather conditions. Registration is final. No refunds.

Waiver: In consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may happen to me during the event known as the TSCI Prison Break 5K and I hereby release and agree to indemnify, defend, and hold harmless the City of Tecumseh, sponsors, promoters, and all other persons or entities associated with this event from all injuries and damages, or otherwise. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of the event for any legitimate purpose.

Signature (Parent signature if under 18 yrs. old)

Date

Return the form and fee to:

Mark Rumery

PO Box 900

Tecumseh, NE 68450

(402) 335-5114

mark.rumery@nebraska.gov

MAKE CHECKS PAYABLE TO: Tecumseh State Correctional Institution
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