

# 10<sup>th</sup> Annual Running with the Bulls 5K Fun Run/Walk

Saturday February 11, 2023  
11:00 A.M.

**All ages and abilities are encouraged to participate! Cost for the race is \$15 (for all ages) and includes a t-shirt if registered by January 31<sup>st</sup>. Registration may be mailed to Heart City Bull Bash P.O. Box 66 Valentine, NE 69201 or returned in person to Sandhills State Bank at 132 N. Main St. in Valentine. Race day registration and check in will begin at 10:15 a.m. at the Comfort Inn on February 11. Medals will be awarded to the top male, female, and youth under 13.**

PLEASE COMPLETE THE FOLLOWING FORM AND RETURN IT WITH YOUR REGISTRATION FEE (CHECK OR CASH)

CHECK PAYABLE TO: Heart City Bull Bash

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**FIRST NAME** \_\_\_\_\_ **LAST NAME** \_\_\_\_\_

**PHONE NUMBER**( \_\_\_\_ ) \_\_\_\_\_

**AGE** \_\_\_\_\_

**SEX (CIRCLE ONE) M F**

**SHIRT SIZE (CIRCLE ONE) YS YM YL S M L XL XXL 3XL**

**ENTRY FEES:**

**\$15.00 Received by January 31 to guarantee a t-shirt**

**\$15 RACE DAY ENTRANTS\*\*\*PLEASE NOTE\*\*\* NO SHIRT IS PROVIDED FOR ENTRIES RECEIVED**

AFTER January 31<sup>st</sup>.

## **PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW**

I know that running [volunteering for] a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including cold temperatures and/or snow/ice, traffic and the conditions of the road [cement and gravel pathways that can be snow/ice covered this time of year] all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the HEART CITY BULL BASH, the city of VALENTINE, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Signature** (parent or guardian required if under 18) \_\_\_\_\_

**Date** \_\_\_\_\_

**Questions? Call Andy Krueger (402)322-1137**