

**8th Annual  
Cow Pie Trail Run  
Half Marathon, 5K Run/Walk, & Kid's Fun Run**

**Saturday, September 30<sup>th</sup>, 2017 at Adams' Farm, 10 miles west of Loup City, NE**

**Registration Form**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ EMAIL: \_\_\_\_\_

BIRTH DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE ON RACE DAY: \_\_\_\_ SEX: Male / Female (circle one)

EVENT:

HALF MARATHON \_\_\_\_\_ Race begins at 9:00 am **\$45 until 9/23; \$50 from 9/24 thru race day**

5K RUN/WALK \_\_\_\_\_ Race begins at 10:00 am **\$25 until 9/23; \$30 from 9/24 thru race day**

KID'S FUN RUN \_\_\_\_\_ Race begins at 9:30 am **\$10**

Packets must be picked up in-person; no T-shirts or packets will be shipped.

The race will be run in rain, snow, sleet, wind, etc. **We do not issue refunds for ANY reason** – please don't ask!

Please make checks payable to the **Rebecca Adams Green Foundation** and send to:  
Megan Jaixen, 100 Jeemnds Ave, Loup City, NE 68853

**Deadline to ensure a T-shirt is Sept. 16, 2017**

T-SHIRT SIZE: SMALL \_\_\_\_\_ MEDIUM \_\_\_\_\_ LARGE \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

YOUTH SMALL \_\_\_\_\_ YOUTH MEDIUM \_\_\_\_\_ YOUTH LARGE \_\_\_\_\_

**Participant Waiver Statement:**

I know that running this trail race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risk associated with running the Cow Pie Trail Run including, but not limited to falls, contact with other participants, effects of weather, and conditions of the course, all such risk being known and unknown and understood by me. Having read this waiver and knowing these facts in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Rebecca Adams Green Foundation, Eldon and Esther Adams, all sponsors, agencies, municipalities, and volunteers, their representatives and successors for all claims and liability of any kind arising out of my participation in the event.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Parent/Guardian signature required for participants under the age of 18.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_

**All proceeds benefit the Rebecca Adams Green Foundation, Inc.**