

Waiver of Liability: In consideration of this entry, I, the signee, intending to be legally responsible for myself, my heirs, my executors and administrators, waive and release all claims for damages I may have against Parker-Hannifin, Ed Thomas YMCA, the Republican River Fitness Series, RRCA, and all other organizations sponsoring this race and their representatives, successors and assigns for any and all injuries, suffered by me in said event.

SIGNATURE:

(Parent's signature if runner is under 19)

**Sponsored by:
Parker Hannifin
and
Ed Thomas YMCA**

**Special thanks to:
MHS Cross Country Team
Community Hospital
Acme Printing
McCook Lettering**



The Heritage Days 5K is one of 12 events which are part of the Republican River Fitness Series. Points are assigned for participation in each event, as well as placing in the top 5 within an age division.

For more information about the Republican River Fitness Series or to register for any of the series' events, visit www.mccookymca.org or www.republicanriverfitnessseries.com

P.O. Box 408
901 West E St
McCook NE 69001

Phone: 308-345-6228, 308-340-3412
Series Director: Ronda Graff
Ed Thomas YMCA, McCook

2017

Heritage Days 5K Road Race



Saturday,

Sept. 23, 2017

Registration: 6:30-7:15 a.m.

Race meeting: 7:25 a.m.

Race begins at 7:30 a.m.

Sponsored by:



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

2017 Heritage Days Road Race

The tradition continues—the annual Heritage Days Road Race kicks off the Saturday events of McCook Heritage Days.

The 5K run/walk is Saturday, Sept. 23rd, at 7:30 a.m. with a 3-mile run or walk...a great way to kick off a weekend of fun. You can run or walk, bring the stroller and the dog. You even decide if you want a t-shirt or not.

The Heritage Days Road Race is sponsored by Parker-Hannifin and the McCook YMCA. Proceeds from the Heritage Days Road Race go toward the McCook High School Cross Country team, who will be volunteering on the course, and toward Youth Sports at the Y.

Registration

Registration forms are available around the community or on-line at www.republicanriverfitnessseries.com.

Make checks payable to RRFS.

Or you can sign up the morning of the race. from 6:30-7:15 a.m. on Saturday, Sept. 23rd in the Norris Park Bandshell.

T-Shirts

Race t-shirts are optional. No shirt: \$15.

If you would like a t-shirt, it is \$25 per person. In order to be guaranteed a shirt the morning of the race, registrations must be received by Monday, Sept. 18th.

There also is a \$5/per person discount when 4 or more people register from the same family.

Start

The race will start near the corner of East First and G Streets, just east of Norris Park, at 7:30 a.m. No matter how slow—or fast— you go, there should be plenty of time to finish and make it to the annual Heritage Days parade.

Course

The course will head north from Norris Park before turning toward the hospital, following the walking path, and winding through the streets of north McCook. Eventually, everyone will return to a finish line near Norris Park.

Awards

Awards will be given to the top 3 men and women in each age division following the race.

More information

Race Director Ronda Graff,
Ed Thomas YMCA
PO Box 408, 901 West E St., McCook NE 69001
308-345-6228 or 340-3412
rondagraff@gmail.com

For other Heritage Days activities, contact the McCook Chamber of Commerce at 308-345-3200 or www.mccookchamber.org



2017 Heritage Days Road Race Registration

Name: _____

Address: _____

City: _____

State: _____ Zip code: _____

Phone: _____

Email address: _____

Age: _____ Birthday: ____-____-____

(As of Jan. 1, 2017)

Male _____ Female _____

Shirt size: _____

(Youth M, L / Adult S, M, L, XL, 2XL)

Emergency Contact

Name: _____

Phone: _____

Registration fee:

Just 5K race...no shirt: \$15 per person _____

5K race and shirt: \$25 per person _____

(\$5/per person discount when 4 or more register from immediate family)

Total: \$ _____