



PRESENTED BY



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**DATE:** Halloween Morning, October 31, 2009

**TIME:** Runners start at 8:30 a.m. Visit NSCRacing.com for complete race schedule.

**LOCATION:** Pioneers Park, 3201 S Coddington Ave, Lincoln

**ENTRY FEE: \$10 per runner.** Cash or check only. Entry fee includes a Trick or Trot t-shirt, coupon for a free kids meal at Mr. Goodcents Subs & Pastas, free shoe gift certificates (60 random drawings) and two free games of bowling at Sun Valley Lanes.

**ENTRY DEADLINE:** All entries must be submitted to your P.E. Teacher or the Nebraska Sports Council by **Monday, October 19.** The entries submitted after the deadline are not guaranteed a Trick or Trot shirt.

**ADDITIONAL INFO:** The Trick or Trot is a one mile cross country fun run. For the safety of the runners, we suggest that they do not wear costumes during the run. Schools will be divided into Division "A" (400 or more students) and Division "B" (399 or less). Awards plaques will be given in the two divisions and award winners will be determined by the percentage of their student body that has enrolled. For more information visit NebraskaSportsCouncil.com.

**SCHOOL NAME** \_\_\_\_\_

**RUNNER NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

**BIRTHDATE** \_\_\_\_\_ **PHONE** \_\_\_\_\_ **AGE** \_\_\_\_\_ **SEX** \_\_\_\_\_

**SHIRT SIZE (CIRCLE ONE)**    Y 10-12    Y 14-16    S    M    L    XL

Please return your completed entry form and \$10 entry fee to: The Nebraska Sports Council, P.O. Box 29366, Lincoln, NE 68529. Make checks payable to the **Nebraska Sports Council**. For questions, email [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com) or call 402-471-2544.

Thanks to our contributing partners: **Campbell's Cultivating Ideas, Lincoln Parks & Rec, Lincoln Public Schools, Lincoln Running Company, Lincoln Track Club, Mr. Goodcents Subs and Pastas, Planet Earth Distilled Drinking Water, ScreenCo, Sun Valley Lanes and Tan-Aire**

**WAIVER AND RELEASE OF LIABILITY - In consideration of being allowed to participate in any way in the NEBRASKA SPORTS COUNCIL athletics/sports program, and related events and activities, the undersigned:**

1. Agrees that prior to participating, he/she will inspect the facilities and equipment to be used, and if he/she believes anything is unsafe, will refuse to participate.
2. Acknowledges and fully understands that he/she will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from his/her own actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used.
3. Assumes all the foregoing risks and accepts personal responsibility for the damages following such an injury, permanent disability or death.
4. Releases, waives, discharges and covenants not to sue the NEBRASKA SPORTS COUNCIL, its affiliated clubs, their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from the demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.
5. Understands the following refund policy: There will be NO refunds of entry fees because of inclement weather or other acts of nature. The only exceptions to the no-refund policy are: Entries received after the entry deadline; Entries of non-qualified entrants; Entries of those prohibited from participating due to errors made by the Nebraska Sports Council; Special circumstances as determined on an individual basis by the Board of Directors and requiring board action. NO REFUNDS WILL BE PERMITTED SIMPLY BECAUSE AN ATHLETE FAILS TO PARTICIPATE.
6. Agrees to allow the Nebraska Sports Council to photograph him/her during the Nebraska Sports Council events and to display his/her image in promotion of the Nebraska Sports Council programs.
7. Pledges to adhere to the Nebraska Sports Council standards of sportsmanship and respect opponents, coaches, officials and spectators at all times by not engaging in verbal or physical altercations at any time before, during or after competition.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian must sign if participant is under 18)