

**“Seward County CASA 5K”**  
**-Run or Walk-**  
**Registration Form**

**Sunday, April 10**  
**Registration and Check-in: 2 p.m. / Race: 3 p.m.**

*PLEASE PRINT CLEARLY AND COMPLETE THE ENTIRE FORM.*

- Purpose: To raise money to benefit Seward County CASA. CASA stands for Court Appointed Special Advocates. Seward County CASA’s MISSION STATEMENT: Seward County CASA recruits, trains and supports community volunteers who advocate for the best interests of abused and neglected children in the Seward County court system. **If you would like to become a CASA volunteer or would like more information, please contact (402) 643-3695.**
- Location: Check-in at Plum Creek Sports Complex on Karol Kay Boulevard, Seward, NE
- Distance/Course: 5 kilometers (3.1 miles) Route follows Plum Creek Trail. At the midway point, participants will turn around and finish at the start line (signs will be posted).
- Entry Fee: \$20 per person, including before and on the day of the race.
- Amenities: All racers will receive water, Gatorade, and snacks. Racers who pre-register (**form received by March 29**) will be guaranteed a T-shirt. If you register after the deadline or on the day of the race, you may receive a T-shirt, but size is not guaranteed.
- Awards: Prizes will be given to the overall 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places for females and males. **Both competitive and recreational runners are strongly encouraged to participate!**
- General Information: Please mail this form to CASA (see address on back side). It must be **received** by March 29 in order to be guaranteed your size of T-shirt. **You MAY send it in any time after that or register on the day of the race.** You will receive a bib with a number and your T-shirt during check-in on the day of the race.

**Make checks payable to Seward County CASA. You must mail the check with this form, or if you are registering on race day, you will pay on the day of the race. Mail form and checks to:**

**Seward County CASA  
P.O. Box 215  
Seward, NE 68434**

Name (First/Last): \_\_\_\_\_

Gender (circle one): M   F

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Age (circle one):

14 or under    15-19    20-24    25-35    36-45    46 or older

T-shirt Size (circle one):

S    M    L    XL