

You Can Make A Difference

The Child Advocacy Center is a non-profit organization serving 17 counties in Southeast Nebraska. The CAC provides help for children who are victims of serious physical and sexual abuse. Working with local law enforcement, the CAC offers a safe, child friendly environment for forensic interviews and medical evaluations of the child victim, and on-going support for the child and non-offending family members.



Join a fun run for a good cause!



**Child
Advocacy
Center**

CHILD ADVOCACY CENTER

5025 Garland Street
Lincoln, Nebraska 68504

Phone: 402.476.3200
Fax: 402.476.5330
E-mail: lorie@smvoices.org

The Monster Dash



Saturday

October 8, 2011

ROCA BERRY FARM

**Halloween Fun Run to
Support the Child Advocacy Center**

5K and 1 Mile

Information About Our Race



Race Time

5K 7:30 a.m.
1 mile 8:15 a.m.

Entry Fee

Over 18 \$25.00
18 and under \$15.00

Early packet pickup will be Friday, October 7 at the Child Advocacy Center from 4:00- 6:00 p.m.

Awards

For the 5K race, the top three finishers receive gift certificates from Scheels All Sports:

1st place \$25.00
2nd place \$15.00
3rd place \$10.00

In the 1 mile fun run/walk, the top three finishers receive a free family pass to Roca Berry Farm.

Kids 10 and under who participate will receive a free mini-pumpkin from Roca Berry Farm.

All participants will receive a free t-shirt if registration is received by September 28, 2011. Late entries or race day entries will not receive a free t-shirt.

Race results will be supplied after the race.

Please no dogs on the property and no strollers on the race course.

OUR SPONSORS

GOLD

Pittenger & Anderson, Inc.
Saint Elizabeth Regional Medical Center
Andy's Appliance Repair
Scheels
Roca Berry Farm
Ameritas Life Insurance Corp

SILVER

Capitol Heating & Air Conditioning
Northeast Sertoma Club

BRONZE

Woods Bros Realty
Lincoln Federal Savings Bank
Union Bank
Eclipse Inc.



Child Advocacy Center Monster Dash Entry Form Due September 28

Return Entry with Fee:
Child Advocacy Center
5025 Garland Street
Lincoln, Nebraska 68504



Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____
Birth Date _____ Race Day Age _____ Sex _____
Race Entered 1 mile Run 5 K Run
T-Shirt Sizes Adult (circle) S M L XL XXL Youth (circle) S M L
Total Entry Free Enclosed: \$ _____ (Entry fee is non-refundable)

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly conditioned. I agree to abide by any decision of a race official relative to my ability to safely complete the run. 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 high heat and/or humidity, traffic and conditions of the road/trail, 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 Child Advocacy Center, Roca Berry Farms, the State of Nebraska, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature

Date

If Under 18, parent or guardian signature

Make entry fees payable to the Child Advocacy Center