



The 1st Annual B.F.E. Relay Run

Fee: \$275.00/team

\$300.00/team after deadline

Registration Deadline: September 10, 2010

Race Date: Saturday, September 18, 2010

Registration Time: 6:00 am - 7:00 am

Starting Location: Lake Hastings

COURSE

The relay will start at Lake Hastings, over to Kenesaw, down to Holstein, to Roseland, up to Juniata and end back in Hastings at the Downtown City Park. The relay is approximately 60 miles. This relay is like no other race here in central Nebraska. You will be running on country roads where you might not see any cars for miles and the scenery will be more and more and even more corn!

HOW THE RELAY WORKS

The teams will consist of 5-7 people. Each person will run two to three times, with each exchange being 3-5 miles. There will be 14 exchange points throughout the relay. Teams can enter under one of three different categories, men's, women's, or co-ed. The co-ed division must have at least three females on their team. Gift card prizes will be awarded for first place in each category.

POST RACE PARTY

The last ½ block of the race, all team members are welcome to join their teammate and cross the finish line together. The finish line will be in the Downtown City Park in Hastings. We will have an area set up for water, fruit, and various post-race snacks for the runners. The entry fee will include a long-sleeve T-shirt for each team member, as well as beverages following the race.

(CHECK ONE)

Men's Division _____

Women's Division _____

Coed Division _____

Team Captain Name _____

Address _____

City _____ **State** _____ **Zip Code** _____

Home Phone _____ **Cell Phone** _____

Email _____

Release of Liability

Please read this form carefully and be aware that in registering yourself or your minor child/ward for participation in the program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in the program(s) and I agree to assume the full risk of any such injuries, damages, or loss regardless of severity which I or my child/ward may sustain as a result of participating in any of the program(s). I hereby fully release and discharge the City of Hastings and its officers, agents, servants, employees and B.F.E. Race organizers from any and all claims resulting from injuries, damages and losses sustained by me or my child/ward, and arising out, connected with, or in any way associated with activities of any of the programs.

Print Name: _____ **Signature:** _____ **Date:** _____

Please send completed registration form with payment to:

Hastings Parks & Recreation Department

310 East D Street

Hastings, NE 68901