



Kearney County Health Services is sponsoring the **Bad Prom 5K and 1 mile run/walk** in Kearney County, **May 6th**. *Prom so bad, you'll want to run!*

May 6th at 8:30 am—5 K run/walk

8:45 am—1 mile run/walk



- Awards will be given to the top 3 male/female of all age groups.
- A special award will be given to the best dressed!
- Food and beverages will be available at the finish.
- **Have FUN!** Wear creative costumes!
- **Register by April 20th to receive a T-shirt. All participants will receive a goody bag.**
- Late registrations received after April 20 will not receive a T-shirt.
- Registration packets are to be picked up at KCHS at 8:00 am on May 6th.

Registration is \$25 for the 5 K run/walk and \$10 for the 1 mile run/walk. Registration can also

Be done at <http://getmeregistered.com/BeeWell> or mailing it to the address below:

KCHS 727 E 1st St. Minden, NE 68959 Attn: Connie Linder

Any questions please call 308-832-3400 ext. 2257



Bee Well in Kearney County Registration for 5 K run/walk or 1 mile run/walk

Name _____

Address _____ Phone # _____

City, State, Zip _____

Email _____

Circle one: Male Female Circle one age group: 15 & under, 16-25, 26-35, 36 & over

Circle one race: 5 K run /walk 1 mile run/walk

Circle one T-shirt size: YS YM YL S M L XL



Legal Waiver

In consideration of accepting this entry, I hereby, for myself, my heirs and personal representatives, waive and release all rights and claims for damages I may have against Kearney County Health Services and the sponsors for any and all injuries and damages sustained by me at the event and I voluntarily assume the risks of participation.

Participant's signature

Date