In Pursuit of Fitness!

NAME_____

ADDRESS_____

PHONE_____

AGE(on race day)_____

Number of parents running with child if parents feel child is too young_____(no registration and no t-shirt)

EMERGENCY CONTACT NAME/NUMBER_____

Number of parents running with child ____(no registration and no t-shirt)

EMAIL ADDRESS_____

PLEASE SELECT RACE:	☐1MILE	$15.00	Beginning at 9am
	☐3MILE	$25.00	Upon completion of 1 mile

T-SHIRT SIZE (circle one): YS YM YL S M L XL

T-SHIRTS WILL BE AVAILABLE FOR THOSE REGISTERED PRIOR TO AUG. 7.

Run will take place at Holmes Lake Park, Lincoln NE on the trail around the lake.
August 22, 2015 beginning at 9:00am
Participant medals and stickers for Catch-A-Cop 12 years and under.
Not Just Another 5k finishers entered into random prize drawings.
Packet pickup: Friday August 21, 10am-1pm and 4pm-7pm, LPD, 575 S.10
Saturday August 22 8am-9am at Holmes Lake North Shore

Further information contact: Michon Morrow 402-441-7754

Make checks payable to: Lincoln Police Department Wellness Committee
Sign Waiver/release and mail or drop off to: LPD, Attn: Wellness Committee,
575 S.10, Lincoln NE 68508

Or online at GetMeRegistered.com/LPDsKidsCatchACopRun

Submit registration form, waiver and fee postmarked by Friday Aug. 15, 2015.
No race day registrations. *For safety No strollers or pets as part of the run.* All proceeds benefit LPD's Wellness Committee Initiatives. The Committee strives to provide opportunities that will encourage and promote increased health and well-being, decrease the risk of disease and injury and enhance the overall quality of life for our employees, their families and our community through education, programs and events.