

Registration Info

Register online at:

www.lincolnrec.recdesk.com

Fill out and return the entry form along with a check or money order, entry fee is non-refundable.

Short Sleeve T-Shirt Included With Advanced Registration

(Shirt size can only be guaranteed with Entry submitted before event date. When registering after August 26th, shirts are not guaranteed)

\$25.00 Entry fee before August 26th

\$30.00 Entry Fee on August 30th

\$10.00 Entry Fee for Lincoln Ave Dash

** Must be 8 or older or accompanied my an adult

100yd Dash and Down the block is free

IF YOU DO NOT WISH TO PARTICIPATE IN THE COLOR PORTION OF THE RUN, PLEASE WEAR A GREY OR COLORED SHIRT.

Race Day: Saturday August 31st 2019

COLOR ME 30 COLOR RUN CELEBRATING 30 YEARS OF THE POST ROCK CLASSIC!

Starting Times

| | |
|--------------|-------------------------------|
| 6:45-8:00 AM | Registration |
| 7:15AM | Two Mile Walk Start |
| 8:00AM | 5K Run Start/Lincoln Ave Dash |
| 9:00AM | Kids Runs |
| 9:15AM | Awards Ceremony |

Age Brackets

Female/Male
13 & Under, 14-18, 19-29
30-39, 40-49, 50-59, 60+

Awards

Awards will be give for the top overall 5K male and female, the top 3 male and female finishers in each age group of the 5K, and the first 3 male and female finishers in the walk. Ribbons will be awarded to finishers in the kids runs.

General Information

Registration will be at City Hall in downtown Lincoln. All events will start and finish near City Hall. Except the Lincoln Ave Dash, this will start at the pool and end at City Hall. There will be water stations at the start and at the half-way point in the 5K. Splits will be read at the 1 & 2 mile marks in the 5K run. Showers will be available at the Lincoln City Pool. The course has been digitally measured.

Registration Form

First Name (Please Print) Last Name

Address

City

State

Zip Code

Phone Number

E-mail Address

_____ Age _____ Male _____ Female

_____ Walk _____ Run _____ Clydes.

_____ Linc Ave Dash

Short Sleeve T-Shirt

Adult _____ XS _____ SM _____ MED
_____ LG _____ XL _____ XXL

I for myself, my executors and administrators do hereby release and discharge The Bank of Tescott, Citizens State Bank, Lincoln Recreation Commission, and the meet officials and directors from all claims of damages, demands, actions, and causes of actions whatsoever, in any manner arising or growing out of my participation in said race. I certify that I have prepared myself for this event, and I am in adequate physical condition to compete in this event.

Signature: Runner or Walker

Signature: parent or guardian if under 18