



'Steps for Shep'



Race No. _____



September 18, 2010 at 8:00 a.m.

Registration Form

Name _____

Home Phone _____

Address _____

City _____

State _____ Zip _____

Email Address _____

Male _____ Female _____ Age _____

I plan to enter (check one):

5K Run (AARC Member \$15, Non member \$20) _____ includes T-shirt

1 Mile Walk (AARC Member \$15, Non member \$20) _____ includes T-shirt

NSU Student 5 K Run (free*) _____ *t-shirt not included

NSU Student 1 Mile Walk (free*) _____ *t-shirt not included

Registration Fee _____

Purchase T-shirt (\$10) _____

Add'l Donation _____

Total Amount Due _____

T-shirt size: check one

SM _____

MED _____

LG _____

XL _____

Pre-registration will be accepted at Barnett Center Office or by mail before Sept. 16th. Please send registration to:

Camille Thomas
1200 S Jay St
Aberdeen, SD 57401

Race-day registration: 6:30 a.m. to 7:30 a.m. (Registration will not be accepted after 7:30 a.m.)

Proof of Aberdeen Area Running Club (AARC) membership due at race day.

Makes checks to: NSU Foundation

Please memo checks: Jason Shephard Scholarship Fund

Race Release:

In consideration of NSU furnishing services to enable me to participate in Jason Shephard Memorial Run (Steps for Shep), I agree as follows:

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify NSU and it's faculty, agents, sponsors, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my participation in the **Steps for Shep 5 K run/ 1 mile walk**, I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the faculty, agents, officers or employees of NSU. This waiver is good through 3/7/11.

(Participant Signature)

(Date)

(Parent or Guardian Signature if under 18)

(Date)

For Official Use: Race No: _____ Amt Paid _____ Rc'd T-shirt: _____ Gender/Age Group _____