

10TH ANNUAL HUSTLE

RAYMOND CENTRAL

HUSTLE

Saturday, October 19, 2019

Oak Creek Trailhead

10K and 5K Run ~ 9 AM

1 Mile Fun Run/Walk ~ 9:20 AM



Pancake Feed ~ 9-11 AM

Valparaiso Fire Station

101 West 3rd Street, Valparaiso, NE

This is our 10th Anniversary! Run to support the Raymond Central Food Bank Back Pack Program. The Back Pack Program is sponsored by the Raymond Central Education Foundation in partnership with the Lincoln Food Bank.

RACE

The festive spirit of the HUSTLE one mile fun run/walk and the 5K or 10K run attracts man, woman, and child. Serious runners and non-serious runners are encouraged to attend and participate. The energizing atmosphere, the beautiful course, ideal running conditions, crowds of cheering spectators, and a classic T-shirt make this THE RACE to attend. The 5K and 10K course will be different this year due to erosion on the Oak Creek Trail.

AWARDS

All participants will receive a 10th anniversary HUSTLE T-shirt if registered by October 4. The top three males and top three females in the 10K and 5K runs will receive awards.

REGISTRATION

- ◆ Pre-registration is strongly encouraged and includes a T-shirt, if registered by October 4
- ◆ Registration for the 10K or 5K is \$25.
- ◆ Registration for the 1 mile fun run/walk is \$15.
- ◆ Registration from 8-9 AM on the day of the race does not include a T-shirt. Therefore, pre-registration is highly encouraged.
- ◆ **Mail-in** registration to Valparaiso Elementary.
- ◆ **Online** registration available at www.active.com

PACKET PICK UP

Saturday, October 19, from 8-9 AM at the Oak Creek Trailhead in Valparaiso, NE. There will be a table for packet pick up and limited race day registration. We encourage you to pick up your packet early.

**Register online at
www.active.com (search
for "2019 Hustle")**

MAIL-IN REGISTRATION

NAME _____

ADDRESS _____

CITY, STATE ZIP _____

PHONE _____

EMAIL _____

Emergency Contact Name and Phone Number _____

EVENTS (Please check only one)

- 10K Run (\$25)
 5K Run (\$25)
 1 Mile Run/Walk (\$15)

GENDER

- Male Female

T-SHIRT SIZE

Registration must be received by October 4, 2019 to be guaranteed a T-shirt.

- Adult S M L XL
 Youth XS S M L

Registration for the 5K or 10K run is \$25.
 Registration for the 1 mile fun run/walk is \$15. Send registration form and payment to:

Shelly Dostal - Valparaiso Elementary
 406 E. 3rd, Box 68, Valparaiso, NE 68065

Make checks or money orders payable to:
 RCEF (Raymond Central Education Foundation)

10th Annual HUSTLE Schedule of Events

Saturday, October 19, 2019

Packet Pick Up & Late
Registration

(T-shirts with late registration not guaranteed.)

8-9 AM

Oak Creek Trailhead
Valparaiso, NE



9 AM ~ 10K and 5K Run

9:20 AM ~ 1 Mile Fun Run/Walk



Pancake Feed

9-11 AM

At Valparaiso Fire Station



Drawings & Giveaways
at Valparaiso Fire Station
directly after the runs.

Must be present to win.

COURSE

The race takes place in Valparaiso, Nebraska. The course begins on the Oak Creek Trailhead in Valparaiso Park. Valparaiso is approximately 18 miles north of Lincoln, Nebraska. The start line is at the Trailhead at the North Oak Creek Bridge in Valparaiso (about 2 blocks west of Hwy 79). The 5K and 10K will continue onto gravel county road since part of the Oak Creek Trail is closed due to erosion.

The course consists of a crushed limestone trail and gravel road which is wide and partially shaded. The trail will be marked at 0.5 for the 1 mile run/walk. The 5K and 10K course will be marked and monitored by volunteers. The race will end at the Oak Creek Trailhead where spectators cheer the runners through the finish line.

How to get to Valparaiso

Take Hwy 79 north from Lincoln approximately 18 miles to Valparaiso. Some construction delays may be possible. An alternate route is to take Hwy 77 north out of Lincoln until you reach County Road A on the north edge of Ceresco. Take County Road A west approximately 11 miles to Hwy 79. Turn north to arrive in Valparaiso.

REGISTRATION

Online at www.active.com (search for "2019 Hustle") OR

Mail-in the registration form along with your payment.

Waiver Statement

Entry invalid if not signed.

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, Active.com and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature of participant 18 years of age or older

Date _____

If under 18 years of age, a parent or legal guardian must sign as well:

Signature of participant under 18 years of age

Signature of parent or legal guardian

Date _____

Return this portion along with your payment.