

Race bags will be
available for pickup on
race day starting at
8:30 pm!



Tri Valley
Wellness Center



Tri Valley Health System
Rehabilitation Services



*Republican River
Fitness Series*



For more information
Contact Katie Sewell @
(308) 697-4178
OR

katie.sewell@trivalleyhealth.com

TVHS Wellness Center
and
Rehabilitation
Services

GLOW RUN!
5K

Saturday, June 6th,
2020

9:00 pm start

Bring Headlamp or flashlight

**You can register at this website
or complete form enclosed:**

[www.republicanriverfitnessseries.
com](http://www.republicanriverfitnessseries.com)

**Contact Katie Sewell for more
information,**

(308) 697-4178

OR

katie.sewell@trivalleyhealth.com

GLOW 2020

**Registration and start line are
located at**

**McKinley Park (By Baseball
Fields)**

**E. Hwy 6 & 34
Cambridge, NE**

I assume all risks as a participant in the TVHS GLOW RUN. I hereby release and forever discharge Tri Valley Health System, Wellness Center, Rehabilitation services, and Republican River Fitness Series, as well as their employees and volunteers, and other event sponsors from any and all liability if damage to property or injury to person should occur.

Name (First & Last)

Male or Female

Mailing Address

Contact Phone Number

Age (as of January 1st, 2019)

Birth date

T-shirt size (Youth S, M, L, XL; Adult S, M, L, XL, XXL: NONE)

Signature of racer, parent, or guardian under 18

Date

Registration Fees

Adults (20+) - \$25

Kids (Age 19-under) - \$15

Register by **June 3rd** to get a shirt on race day other wise you can pick up shirts at the YMCA in McCook or TriValley at a later date.

We prefer online registrations if possible.

****Paper registration must include payment. Checks payable to RRFS.**

Send completed registration form and entry fee to:

Tri Valley Wellness Center

ATTN: Katie Sewell

PO Box 488

Cambridge, NE 69022-0488

Or

YMCA

ATTN: Ronda Graff

901 W E St

McCook, NE 69001