

38TH

ANNUAL

RAM

RUN

&



Central
COMMUNITY
COLLEGE

WALK

5K & 1 MILE RUN/WALK

SEPTEMBER 12, 2020

RACE SCHEDULE



6:45 to 7:45 a.m.

Registration & Packet Pickup.
Report to the Hall Student Union.

8:00 a.m.

5k Race Starts

8:05 a.m.

1 Mile Race Starts

9:15 a.m.

Awards Presentation

Registration & awards will be completed inside the Hall Student Union. A long-sleeve T-shirt will be given to each entrant. To be guaranteed a shirt on race day, register by 9-1-20.

ENTRY FEE:

Age Group	Normal Received or postmarked by 9-1-20	Late Received or postmarked after 9-1-20
Adult 11 & up	\$25	\$30
Youth 10 & under	\$15	\$20
CCC Student	\$15	\$15

RACE PROCEEDS

Race proceeds will support the Ram Run Scholarship Fund through the CCC Foundation. Scholarships will be awarded annually to CCC students based on proceeds. If you would like to make an additional donation to the scholarship fund, please contact the CCC Foundation at (402) 460-2153 or (402) 460-2165.

5K AWARDS:

Men's and Women's winners will receive \$50.00 in Hastings Chamber Bucks. The top three finishers in the following age divisions will receive a medal:

Male	Female
• 10 & under	• 10 & under
• 11-19	• 11-19
• 20-29	• 20-29
• 30-39	• 30-39
• 40-49	• 40-49
• 50-59	• 50-59
• 60-69	• 60-69
• 70 & older	• 70 & older

1 MILE AWARDS:

Men and women winners will receive \$20 in Hastings Chamber Bucks. The top 3 winners will receive medals. Participation ribbons will be handed out at the finish line to all children attending.

QUESTIONS:

Please call student accounts at
(402) 461-2440.

BRING A FOOD OR HYGIENE ITEM!

On race day, bring an item for the CCC Food and Hygiene Pantry.



5K OR 1 MILE RUN/WALK

Saturday, September 12, 2020
at 8:00 a.m.

Central Community College Hastings
Campus, three miles east of Hastings
of U.S. Highway 6.



THE COURSES

The 5k course is flat and it incorporates many of the campus streets. The 1 mile course finishes in the same area as the 5k course. Participants can run or walk either of the distances.



REGISTER & PAY ONLINE!

www.cccneb.edu/RamRun

or fill out the form below.

Name

Birthdate: (mo/day/year)

Age: **Gender:**

Street Address:

City:

State: **Zip:**

Phone:

Email:

Race Entered: 5k 1 Mile

Participation Level:

Adult, ages 11 & up **\$25 (\$30 after 9-1-20)**

Youth, ages 10 & under **\$15 (\$20 after 9-1-20)**

Current CCC Student **\$15**

Adult T-Shirt (unisex):

S M L XL 2X

Youth T-Shirt (unisex):

S M L

Checks: Ram Run Committee—Student Accounts

Mail to: CCC Student Accounts
Attn. Georgina Hueske
PO Box 1024
Hastings, NE 68902-1024



5K OR 1 MILE WAIVER STATEMENT

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release Central Community College, CCC Student Accounts and its officers and agents, Adams County, meet officials, volunteers, workers and any and all sponsors and their representatives, successors and assigns from any and all rights and claims for any damages I may have arising out of any injuries and illnesses suffered by me in this event.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me.

I have read the entry information provided and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

Signature

Date

(If under age 19) Signature of Parent or Guardian

■ ■ PLEASE SIGN WAIVER ■ ■

