



the brick house  
FITNESS CENTER

# 15<sup>th</sup> Annual Brick House 5K Run

**Date:** Saturday, July 20th, 2024

**Time:** 7:00 AM

- Entry fee is \$25 per participant; includes race t-shirt (if by July 9th)
- Pre-register by Tuesday, July 9th to guarantee t-shirt availability  
(Registration forms are available at the Brick House or at [www.brickhousefitnesscenter.com](http://www.brickhousefitnesscenter.com))
- Day of race registration begins at 6:30AM
- Race starts promptly at 7:00 AM
- Trophies will be awarded to the top participants in each category

**All Proceeds go to AG Fellowship of Christian Athletes**

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Please return registration and  
\$25 fee to:**  
Brick House Fitness Center  
105 N 15<sup>th</sup> St.  
Ashland, NE 68003

Distance: (circle one) 5K Run / 1 Mile Walk / 2 Mile Walk

Age: \_\_\_\_\_ Gender: (circle one) Male | Female - Information needed for Awards Only

**(Circle T-shirt size if registration is turned in on or before July 9th)**

T-Shirt Size: (circle one) **Adult** S | M | L | XL | XXL **Youth** S | M | L

**Fun Run Waiver:** In consideration for being allowed to participate in the Brick House 5K Fun Run/Walk, I (for myself and anyone entitled to act on my behalf) waive and release the Brick House Fitness Center, Ashland Chamber of Commerce, City of Ashland, Event Sponsors, and/or Volunteers from all claims or liabilities of any kind arising out of my participation in the fun Run; even though such claims or liabilities may arise out of negligence or carelessness on the part of any person identified in this waiver. My decision to participate in the Fun Run/Walk is entirely voluntary. I know that running/walking is a potentially hazardous activity, and I represent that I am physically capable of participating in this event.

**Note:** Minors under the age of 19 must have this waiver signed by a parent or legal guardian.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Brick House Fitness Center 105 N 15<sup>th</sup> St – Ashland, NE 68003**  
**Barry Kitrell 402-944-2827 Email: [bkbrickhouse@windstream.net](mailto:bkbrickhouse@windstream.net)**