

Sign up for the Feed the Need 5K Glow Run
The proceeds will benefit the Benkelman Pantry



Saturday, April 11th at 6:00 p.m. MT
Benkelman Chief St. and East Railroad St.

Registration Fee: Food items for the Benkelman Pantry
First 50 pre-registered participants get free glow in the dark t-shirts

Pre-registration ends March 13th

Return completed registration form to : SWNPHD, PO Box 1235, McCook, NE 69001 or
Email: sarah@swhealth.ne.gov

NAME: _____

PHONE: _____

Email: _____

Tshirt Size: YM YL S M L XL 2XL

18 and Younger Parent's Permission is Required: _____
(Print Parent Name)

To all race participants: Parent or Guardian must sign if entrant is 18 and younger. I hereby waive and release all rights and claims for damages I have against the organizers and sponsors of the Feed the Need 5K Glow Run to be held Saturday, April 11th, 2026 and for any and all injuries suffered by me in this event. I agree to the use of my name/ picture and media coverage of this event.

Signature of Participant or Parent

DATE



 **Southwest Nebraska**
Public Health Department