

Teal Lotus Run

Saturday, April 28, 2012 @ 8:00 am

Run begins and ends at the Community Wellness Center, 210 E 16th St. in Cozad

Entry Fees:

- \$15 through April 12th
- \$20 after April 12th

Family Fees: (through April 12th)

Immediate family only, please

- \$40 for 3 people
- \$50 for 4 people
- \$8 for each additional family member

Day of race registration will be 6:45-7:45 a.m. at the Wellness Center

T-shirts guaranteed for all participants who preregister by April 12th.

Runners and walkers of all ages and fitness levels are encouraged to participate. This is a non competitive run.

All proceeds go to The Teal Lotus Project.

If you are a **Survivor**, please email Tasia: TealLotusProject@gmail.com for a special (confidential) recognition at the run.

5K Run/ 2 Mile Walk

Every two minutes somewhere in America someone is being sexually assaulted. Ninety-five percent of the time the victim knows their perpetrator. One in every four girls and one in every six boys will be sexually abused before their eighteenth birthday. College age women are four times more likely to be sexually assaulted.



My name is Tasia, I am a survivor of child sexual abuse and I survived sexual assault later in my young adult life. The Teal Lotus Project is based on spreading awareness by sharing my story, which in turn opens the door for others to come forward and start their own journey of healing. Telling & sharing our stories, knowing we are not alone, makes a difference.

The Teal Lotus Project., *Tasia Aden*
www.TheTealLotusProject.com



Questions?
stacy.j.evertson.sbr2@statefarm.com

Please make checks payable to:
 The Teal Lotus Project.

Drop off forms at State Farm Insurance or mail to Stacy Evertson, 502 W 10th Cozad NE 69130

Name _____

Address _____

Phone Number _____

E-mail _____

Emergency Contact _____

Event: 2-mile walk _____ 5K _____

Race day age: _____ M/F (Circle one)

T-shirt size: (Youth) _____ S / M / L (Circle one)

Waiver: I know that running in a race is a potentially hazardous activity. I hereby waive and release all rights and claims for damages I may have against the organizers and sponsors of the Teal Lotus Run for any and all injuries suffered by me or my family in this event. I further certify that I am in good enough health to participate in this event.

Signature: _____ **Date:** _____