



**August 20, 2022**

Kimmel Orchard & Vineyard  
5995 G Road, Nebraska City, NE

**Mini Walk/Run Adventure:**  
**Start Time: 9:00 am**

- Approx. 1.5-mile course with obstacles
- Waves start every 3-5 minutes

**Register Online at:**  
[give.chihealth.com/AdventureRace](http://give.chihealth.com/AdventureRace)



**Event Contributing Partners:**



**Mail Registration  
& Payment to:**

CHI Health St. Mary's Foundation  
Attn: GGK Adventure Race  
1301 Grundman Blvd.  
Nebraska City, NE 68410

**Make Checks Payable to:**  
CHI Health St. Mary's Foundation

Questions, call at 402-873-8920 -or- email  
at [traci.reuter@CHIhealth.com](mailto:traci.reuter@CHIhealth.com)

## Registration: (Please Print - All Fields Required)

Participant #1: \_\_\_\_\_ Age: \_\_\_\_\_ Male / Female  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_  
for photo & race announcements

### Additional participants:

## Mini Walk/Run Adventure

#2: \_\_\_\_\_

Age: \_\_\_\_ M / F

#3: \_\_\_\_\_

Age: \_\_\_\_ M / F

#4: \_\_\_\_\_

Age: \_\_\_\_ M / F

#5: \_\_\_\_\_

Age: \_\_\_\_ M / F

#6: \_\_\_\_\_

Age: \_\_\_\_ M / F

#7: \_\_\_\_\_

Age: \_\_\_\_ M / F

**\$10/person, NO SHIRT**

# of participants \_\_\_\_\_ x \$10/person = \$ \_\_\_\_\_

### Select t-shirt size and quantity **t-shirt not guaranteed after Aug. 5th**

**ADD \$10** for each shirt

# Shirts: \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_ Total

Adult S	Adult M	Adult L	Adult XL	Adult 2XL	Adult 3XL
Youth S (5/6)	Youth M (8)	Youth L (10/12)	Youth XL (14)		

## Participant Consent, Waiver and Release From Liability

- In consideration of my participation in this Growing Great Kids in Southeast Nebraska Adventure Run (“Event”) and accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against Growing Great Kids in Southeast Nebraska, CHI Health St. Mary’s, Kimmel Orchard & Vineyard, organizers of this Event or their agents, representatives, successors, volunteers, or the Event sponsors for any and all injuries and illnesses or losses I may sustain during the course of the Event, or which may arise out of my traveling to, participating in, and returning from this Event.
- I understand that participating in this Event involves obstacles, including but not limited to, mud pits, a four and six-foot walls, water slide, steep hills and uneven terrain.
- I understand the Event course may contain wild animals, insects and plants.
- I am in good health and have no physical conditions that affect my ability to compete in the Event and have not been advised otherwise by a medical practitioner.
- I agree not to dive into or enter the water cross, mud pit or water slide head first, as doing so may cause serious injury.
- I agree not to consume alcohol prior to the Event or use any medicines or substances that will inhibit my mental or physical ability to safely and effectively participate in the Event.
- I give permission and consent to use my image in photographs, motion pictures, recordings, or any other record of the Event for any legitimate purposes, including but not limited to, Event advertising, marketing or promotion.

Participant signature required (or parent/guardian if 18 & under) \_\_\_\_\_ Date \_\_\_\_\_

## Packet Pickup:

On race day starting at 8:15 a.m., packets will be available at the shelter behind the Kimmel Education & Research Center building.

## Race Day Parking:

Parking will be available at Kimmel Orchard & Vineyard located at 5995 G Road, Nebraska City, NE. Ease the congestion by riding with a friend.

## Awards:

Youth 14 & under participating will receive a participation award.

## Weather & Registrations:

The Race will be held regardless of weather conditions. Registration is final. No refunds.

**No dogs or strollers** are allowed on the course.

## Breakfast starts at 9 a.m.

Apple doughnuts and cider are available to purchase in the Kimmel Orchard Apple Barn building.

A fundraiser for Growing

Great Kids in Southeast

Nebraska (GGK). A home

visitation program for

expecting and new parents which is administered

by Southeast District Health Department and CHI Health St. Mary’s.



**For Sponsorship Information -**

**please contact Traci at 402-873-8920**