



**August 17, 2019**

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

**Mini Walk/Run Adventure:**

**Start Time: 9:00 am**

- Family fun mini walk/run adventure!
- 1.5-mile course with obstacles!

*\*3-mile adventure race cancelled due to flooding.*

Questions, call or email Traci Reuter  
at 402-873-8920 -or- [treuter@stez.org](mailto:treuter@stez.org)



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

**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

**Event Contributing Partners:**



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

Participant #1: \_\_\_\_\_ Age: \_\_\_\_\_ Male / Female  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Race: Mini or 3 mile  
 City/State/Zip: \_\_\_\_\_ Email: \_\_\_\_\_  
 for photo & race announcements

Additional participants:

## Mini Walk/Run Adventure

#2: \_\_\_\_\_  
 Race: 1 or 3 mile Age: \_\_\_ M / F

#3: \_\_\_\_\_  
 Race: 1 or 3 mile Age: \_\_\_ M / F

#4: \_\_\_\_\_  
 Race: 1 or 3 mile Age: \_\_\_ M / F

#5: \_\_\_\_\_  
 Race: 1 or 3 mile Age: \_\_\_ M / F

#6: \_\_\_\_\_  
 Race: 1 or 3 mile Age: \_\_\_ M / F

#7: \_\_\_\_\_  
 Race: 1 or 3 mile Age: \_\_\_ M / F

<b>\$10/person, NO SHIRT</b>  # of participants _____ x \$ _____ =	\$
<b>\$35 for a Family of 4 Discount - NO SHIRTS</b>  <b>ADD \$5 for each additional family member</b>  # Add'l Family Members: _____ x \$5 = _____	\$

## Select t-shirt size and quantity **Limited supply after Aug. 3rd**

**ADD \$10 for each shirt** # Shirts: \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_ Total

Next Level shirt 60% combed ringspun cotton / 40% polyester

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, Catron Camp & Retreat Center, 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, climbing, water crossings, mud pits, 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 creek or mud pit 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:

- **Mini Walk/Run Adventure:** 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, cider and fresh fruit are available to purchase in the Kimmel Orchard building.

A **fundraiser** for Growing Great Kids in

Southeast Nebraska (GGK). A home visitation program for expecting and new parents which is administered by CHI



**Health St. Mary's and Southeast District Health Department.**

**For Sponsorship Information - please contact Traci at 402-873-8920**