

## Packet Pickup:

- Friday, August 19th from 12 - 7 p.m., packets can be picked up at Ambassador Wellness Center, 1240 N. 19th, Nebraska City.
- On race day starting at 7:45 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:

- **3 Mile Adventure Race:** Awards will be given out for the 3 mile course overall male and female winner.
- **1 Mile Mini Race:** All kids 14 & under participating will receive a participation award.



## Event Contributing Partners:

St. Mary's



**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.

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.**



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

# GGK Adventure Race

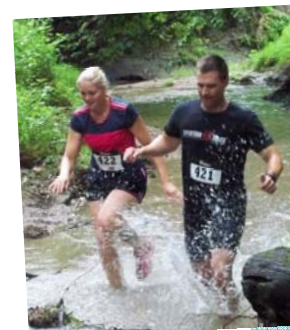
Kimmel Orchard & Vineyard  
5995 G Road  
Nebraska City, NE

## 3 Mile Adventure Race:

8:30 am

## 1 Mile Mini Race:

- Hayrack rides to start line begin at 9:15 am
- Race starts at approx. 9:45 am



**Mud Pit**  
**Redneck Waterslide**  
**Creeking**  
**Hay Bale Obstacles**  
**Lots of Fun!**

**August 20, 2016**  
A fundraiser for Growing Great Kids

### 3 Mile Adventure Race:

This course includes some challenging terrain ranging from cross country, trail, creek, hill and mud pit running. The course winds its way up, down, and through Kimmel Orchard & Vineyard and Catron Camp & Retreat Center grounds.

*\*\*If you register for the 3 mile course, you are eligible to run the 1 mile mini race with your kids at no additional cost.*

### 1 Mile Mini Race: (not a timed event)

The walk/run will be an approximately 1 mile course which includes a mud pit and creek running.

The entry fee does not include a shirt.



**Breakfast:** Apple doughnuts, cider, and fresh orchard peaches will be available to purchase.

#### Register Online at:

<https://www.raceit.com/Register/?event=37583>

*\*\*Credit Card payment is subject to a Processing Fee*

#### -or- Mail Registration & Payment to:

GGK Adventure Race  
c/o CHI Health St. Mary's  
1301 Grundman Blvd.  
Nebraska City, NE 68410

#### Make Checks Payable to:

CHI Health St. Mary's Foundation

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

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

### 3 Mile Adventure Race Register by August 5th & SAVE

**\$35 per participant** (T-shirt is included in the price; select size below.)

\$

**Late Registration: \$40 on August 6<sup>th</sup>**

# of participants \_\_\_\_\_

### 1 Mile Mini Race

**\$10 per participant**

# of participants \_\_\_\_\_

\$

(Price does not include a t-shirt; to purchase one see below.)

**\$35 Family of 4**

\$

**\$5 for each additional family member**

# Add'l Members \_\_\_\_\_

(Price does not include a t-shirt; to purchase one see below.)

### T-shirts, \$10 each (3 Mile entry fee includes one t-shirt so there is no add'l. charge.)

60/40 ringspun cotton/polyester - Temp Performance T-Shirt - NEON Yellow

\$

Please select size and quantity below.

Total # of t-shirts \_\_\_\_\_

### Select t-shirt size and quantity

Adult S:	Adult M:	Adult L:	Adult XL:	Adult 2XL:	
Youth S (6/8):	Youth M (10/12):	Youth L (14/16):			<b>TOTAL DUE</b> \$

#### Additional participants:

#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

### 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, if 18 & under)

Date