



## SPONSORSHIP

This event is sponsored by the Wellness Committee at Thayer County Health Services. The Wellness Committee is made up of employees committed to improving the overall health of their fellow employees and the residents of Thayer County and surrounding communities.

The Wellness Committee's goal is to enhance the quality of life for those they serve through prevention and educational programs.

The proceeds from the event will be used to help cover the costs of future community wellness events such as the Men's and Women's Health Nights and carseat safety checks. Thank you for your support.

*Working together, we can create a healthier tomorrow!*

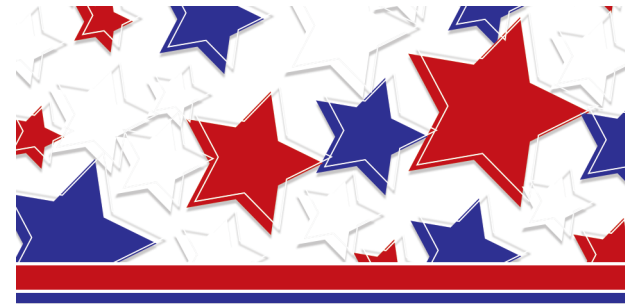
### TCHS WELLNESS COMMITTEE MEMBERS:

Amber Lubben	Lindsey Messman
Amy Gregory	Marissa Bongers
Ann Hubl	Marissa Wagenblast
Barbara Remmers	Michael White
Cody Pachta	Michelle Dick
Dianne Meyer	Mike Dougherty
Jamie Koch	Natalie Marsh
Jayda Edgar	Ranae Vorderstrasse
Jessica Shepler	Steve Williams
Kathryn Retzlaff	Sue Orvis
Leann Heinrichs	Tara Huber



120 Park Avenue, Hebron, NE 68370  
402-768-6041

[www.ThayerCountyHealth.com/Wellness](http://www.ThayerCountyHealth.com/Wellness)



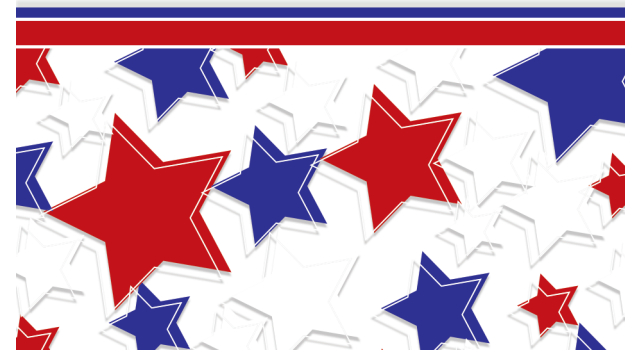
REGISTER FOR THE  
6<sup>TH</sup> ANNUAL

## THAYER COUNTY HEALTH SERVICES

# 4<sup>TH</sup> *of* July



**FREEDOM**  
*Fun Run*  
5K/1 MILE



## EVENT INFORMATION

Tuesday, July 4, 2017

8:00 a.m.

Hebron Fire Hall (5th Street and Jefferson Avenue)

Hebron, NE 68370

## COURSE INFORMATION

The route for the 1 mile and 5K Fun Run/Walk start at the Fire Hall, located South of the City Park (4th St. & Jefferson Ave.) in Hebron and both end back at the Fire Hall.

### 5K Run/Walk

The 5K (3.1 mile) course can be ran or walked by participants. The route will take you throughout the city of Hebron on a mostly flat paved surface. This course is the perfect option for the avid competitor or the first time racer.

### 1 Mile Run/Walk

This year the 1 mile Run/Walk includes optional course challenges throughout its 1 mile route. Participants doing this route may choose to do the fun course challenges throughout or bypass the challenges and just do the the regular course. This flat paved course is the perfect option for all ages.

The 4th of July in Hebron is filled with lots of fun activities for the whole family. We encourage you to make plans to spend the day in Hebron and enjoy a small town 4th of July celebration.

For a complete list of all 4th of July scheduled events contact the Hebron Chamber of Commerce at 402-768-7156 or visit .

## FUN RUN SCHEDULE

7:30 am - Check-in and Registration

8:00 am - Race Start Time

Cost: \$20 per person

(Cash or Check only)

## ENTRY FEE INCLUDES

- T- Shirt (Deadline to receive is June 23, 2017)
- Prizes for 1st, 2nd, & 3rd place (Male & Female)
- Children 12 & under will receive a completion medal  
*T-shirt only if \$20 fee is paid*

## REGISTRATION

Additional registration brochures are available in the hospital lobby at 120 Park Avenue in Hebron or online at [www.ThayerCountyHealth.com/wellness](http://www.ThayerCountyHealth.com/wellness)

### Drop off Forms & Payment or Mail to:

TCHS Wellness Committee

Attn: Marissa Bongers

120 Park Avenue

Hebron, NE 68370

**Cash or check only, however please do not mail cash. Please make checks out to TCHS Wellness Committee.**

## REGISTER EARLY!

Preregistration ends June 23rd

Registration after June 23rd are not guanteed t-shirt

For more information call 402-768-4676 or

or email [wellness@tchsne.org](mailto:wellness@tchsne.org)

*Please note: race day registrations will be accepted, however you will not receive a t-shirt.*



## ENTRY FORM

(Additional forms at [www.ThayerCountyHealth.com](http://www.ThayerCountyHealth.com) or hospital lobby. Only one form per person.)

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

I am participating in:

5k  Run/Walk OR 1 mi.  Run/Walk

T-Shirt:

Adult:  S  M  L  XL  2XL

Youth:  S  M  L

### ENTRY FEE: \$20.00

**(Children 12 & Under free without t-shirt\*)**

*A separate form is required for each participant. Children must be accompanied by an adult. Payment must be cash or check. All participants must sign the Participation Agreement below, guardian must sign for children under 18.*

**Preregistration for the event closes on June 23, 2017**

*Preregistration & Paid Fee: Guarantees a t-shirt and running bib.*

**\*Children 12 and under will not receive a t-shirt unless the entry fee is paid.**

### PARTICIPATION AGREEMENT:

*I understand Thayer County Health Services, race volunteers, event sponsors and the City of Hebron are not responsible or accountable for any accidents or injuries that may occur from my participation in this event. I release any right to all photos and video taken during this event and agree to any publications. I hereby certify that I am taking part in this event at my own risk and that I am insured against accident or injury. This event will be held rain or shine. I hereby certify with my signature that I have read and understand this agreement.*

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_