



Below is an image of the protein shake bottle participants will receive on July 4th if their registration fee was paid by July 1st.



Thank you for participating in this year's 4th of July Fun Run sponsored by Thayer County Health Services!



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

**THAYER COUNTY  
HEALTH SERVICES**

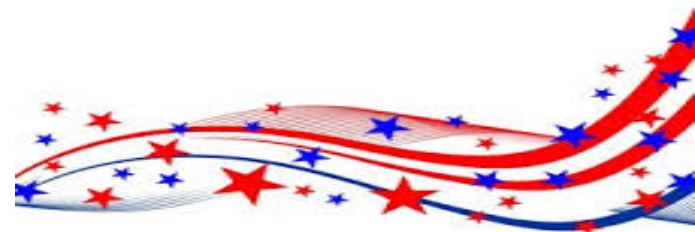
**4<sup>TH</sup>  
of  
July**

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

 *Thayer County  
Health Services*

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

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



## EVENT INFORMATION

Thursday, July 4, 2018  
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 will start and end 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

The 1 mile Run/Walk is the perfect option for all ages and fitness levels.

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.

## 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

- Protein Shake Bottle (Deadline to receive is July 1, 2019)
- Prizes for 1st, 2nd, & 3rd place (Male & Female)
- Children 12 & under are free & will receive a completion medal.

## REGISTRATION

Additional registration brochures are available at Thayer County Health Services Main Lobby, Korff Fitness & Wellness Center, or by emailing [wellness@tchsne.org](mailto:wellness@tchsne.org).

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

TCHS Wellness  
Attn: Whitney Miller  
120 Park Avenue  
Hebron, NE 68370

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

## REGISTER EARLY!

Preregistration ends July 1st.  
Registrations after July 1st are not guaranteed a protein shake bottle. 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 protein shake bottle.*



## ENTRY FORM

*(Please complete one form per person)*

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

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

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

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

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

I am participating in:

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

## ENTRY FEE: \$20.00

### (Children 12 & Under free)

*A separate form is required for each participant. Children must be registered and 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 July 1, 2019.*

*Preregistration & Paid Fee: Guarantees protein shake bottle and running bib.*

*\*Children 12 & under are not eligible for protein shake bottle.*

### 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. In the event of inclement weather, the run may be delayed or cancelled. I hereby certify with my signature that I have read and understand this agreement.*

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

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