

SEWARD OPTIMIST CLUB JULY 4TH RUN/WALK

10K (6.2 Mile) Freedom Run & 2-Mile Fun Run



Walkers Welcome Too!

July 4, 2023 at 7:00 AM

• **NEW LOCATION** – 2222 Karol Kay Blvd., Seward, NE 68434 (Plum Creek Complex 2 Parking Lot (on the east side of Karol Kay Blvd.))

- Check-in/Package Pick-up starts at 6:00 a.m., race begins at 7:00 a.m.
- Restrooms Available • Post Race Fruit Bar • Photo Tagging
- Race timed with MyLaps Bib Tag by Precision Race Results of Omaha
- Online Registration & Payment Available at www.GetMeRegistered.com

CASH PRIZES AND MEDALS!

Top 3 winners in each male and female age category receive medals.

- 10K Run: \$100 prize to male and female winners, \$50 to second place winners
- 2-Mile: \$50 prize to male and female winners, \$25 to second place winners

ONLY individuals registered online by June 20, 2023 will get a race t-shirt!

Entry Fees:

10K (6.2 MILE) RUN

\$25 before June 20, 2023

\$35 June 21 through July 3, 2023 @ 6:00 pm

2-MILE RUN

\$15 before June 20, 2023

\$25 June 21 through July 3, 2023 @ 6:00 pm

Age Classes for Male & Female Participants:

10 & Under Age 11 – 13 Age 14 – 18 Age 19 - 23

Age 24 – 29 Age 30 – 39 Age 40 – 49 Age 50 - 59

Age 60 – 69 Age 70 and older

**CHILDREN 10 YEARS AND UNDER ARE
FREE FOR 2-MILE RUN WITH PAID
ADULT REGISTRATION**

FAMILY DISCOUNTS AVAILABLE THROUGH JUNE 20TH

No Pets Allowed!

Last day to register is July 3rd, 2023 by 6:00 p.m. (online only).

NO RACE DAY REGISTRATIONS

Online Registration at: www.GetMeRegistered.com

NEW for 2023 – PHOTO TAGGING FEATURE SPONSORED BY CATTLE BANK

A portion of the race proceeds goes towards administrative expenses.

Waiver For Optimist Club Freedom Run (on Registration Form)

I know that running in an event that is organized as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by the Seward Optimist Club is a potentially hazardous activity, which could result in injury or death. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk. I will not participate in a virtual event unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I attest that if my community has a shelter in place order, that I will only participate in the virtual event by using a personal treadmill, and I will not run outside in the community during the duration of a shelter in place order. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available, and I will run against oncoming traffic and not with traffic.

I agree to abide by any decision of a race official relative to any aspect of my participation in this virtual event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks to me associated with running on my own as part of this virtual activity, including but not limited to: falls, contact with other pedestrians, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known or unknown and appreciated by me when out running on my own without any type of support from local officials or event organizers.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release The Seward Optimist Club, Members of the Seward Optimist Club, Precision Race Results LLC, Alan Higley, the city of Seward, Nebraska, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this virtual event, and waive my ability to bring any legal action against the entities outlined in this waiver as I am voluntarily electing to run on my own as part of this virtual event. **I grant permission to all of the foregoing to use my photographs which I may share online as part of the event, personal data provided during registration and post-event reporting, video or audio recordings, or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.**