



Physical activity is  
a vital part of a  
healthy lifestyle.

Participating in aerobic exercise  
such as running, walking, and  
cycling on a regular basis can help  
prevent disease such as a cancer,  
diabetes, health failure,  
and depression.

The First Annual Run, Walk, and  
Roll was developed to raise  
awareness of the importance of  
exercise and to provide an  
opportunity for people and  
athletes of all abilities to come  
together and challenge  
themselves in competition and/or  
enjoy the benefits of exercise.

 **Alegent Health**  
This is your healthcare



FIFTH ANNUAL  
**Run, Walk & Roll**  
Supporting Alegent Health Immanuel Rehabilitation Center



FIFTH ANNUAL  
**Run, Walk & Roll**

and **VENDOR FAIR**

Supporting Alegent Health  
Immanuel Rehabilitation Center

Immanuel Medical Center Campus  
6901 North 72nd Street  
Omaha, NE 68122  
Phone: 402-572-2810 ext. 4209

**Saturday**  
**September 18, 2010**

Immanuel Medical Center Campus  
6901 North 72nd Street  
Omaha, NE 68122

Alegent Health is a faith-based health ministry sponsored by  
Catholic Health Initiatives and Immanuel Health Systems.

 **Alegent Health**

**Date:** Saturday, September 18, 2010

**Time:** Registration/check-in beginning @ 8:30 a.m.

▶ **3 mile course:** Start time at 9:30 a.m.

▶ **1 mile course:** Start time at 9:30 a.m.

**Purpose:** Provide opportunity for athletes of all abilities to come together and challenge themselves in competition

**Location:** 3 mile and 1 mile course on the Immanuel Medical Center campus beginning and ending at the Immanuel Rehabilitation Center

**Route:** Relatively flat course on sidewalks and campus drives

### Entry Fees:

Received by Friday, September 3, 2010 to be guaranteed an event t-shirt)

Adults \$20 (13 or older)

Former Immanuel Rehab Center patients \$10

Children \$10 (4-12, children under 4 free)

No Refunds

Entry fee includes t-shirt and refreshments after the event

### Registration Form:

Can be found on [Alegent.com/rehab](http://Alegent.com/rehab) or is available at Immanuel Rehabilitation Center. Call 402-572-2810 ext. 4209 to request a brochure.

Registration forms can be faxed, mailed, e-mailed or dropped off but must be received by Friday, September 3, 2010 in order to be guaranteed an event t-shirt.

**Immanuel Rehabilitation Center**  
**ATTN-RUN, WALK & ROLL**  
6901 North 72nd Street  
Omaha, NE 68122-1799  
Fax- 402-572-2847  
Email - [julie.harms@alegent.org](mailto:julie.harms@alegent.org)  
Drop Off- Front Lobby or PT/OT  
Gym Immanuel Rehabilitation Center

### Event Packet Pick Up:

T-shirts may be picked up on Friday, September 17 from 12 p.m. - 3 p.m. in the front lobby of Immanuel Rehabilitation Center or may be picked up on event day.

**Ages:** No min or max age limit

**Weather Policy:** The event will be held regardless of weather conditions.

### Volunteers/Donations:

Volunteers are needed to make this day special. If you are interested in volunteering, please call 402-572-2810 ext. 4209 or email [julie.harms@alegent.org](mailto:julie.harms@alegent.org) to see how you can help.

**Parking:** Parking is available in the large parking lot located on the south side of Immanuel Rehabilitation Center.



FIFTH ANNUAL  
**Run, Walk & Roll**  
Supporting Alegent Health Immanuel Rehabilitation Center

## Registration Form

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

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

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

Home Phone: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Please make check payable to Alegent Health.

\_\_\_\_\_ \$20 Adult Registration Fee (13 and older)

\_\_\_\_\_ \$15 Current and Former Immanuel Rehab Center Patients

\_\_\_\_\_ \$10 Child Registration Fee (Ages 4-12)

Complete this form and return with payment to:

Immanuel Rehabilitation Center

ATTN-RUN, WALK & ROLL

6901 North 72nd Street

Omaha, NE 68122-1799

Fax- 402-572-2847

Email- [julie.harms@alegent.org](mailto:julie.harms@alegent.org)

Drop Off- Front Lobby or PT/OT

Gym Immanuel Rehabilitation Center

Shirt Sizes: Children (6-8 • 10-12 • 14-16)

Adult (S • M • L • XL • XXL)

Please indicate size and number of shirts below.

**Waiver:** I know that running in races is a potentially hazardous activity. I should not enter and run in races unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in races, including, but not limited to, falls or contact with other road traffic in the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for, myself and anyone entitled to act on my behalf, waive and release Alegent Health and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_