

3<sup>rd</sup> Annual



# Holly Jolly Jog



## AND 5K FUN RUN!



**COME PRANCE LIKE PRANCER OR DASH LIKE DASHER  
AT THE HOLLY JOLLY JOG AND 5K FUN RUN!  
SIGN UP FOR THE EXCITING ONE-MILE ARCTIC ADVENTURE  
WITH FUN STOPS ALONG THE WAY OR THE NEW 5K FUN RUN!**

Get registered and dress up to participate in the costume contests! Awards will be given for the top three costumes in the 5K and the most creative Individual, Team, and Family in the Jog!

### SUNDAY, DECEMBER 6<sup>th</sup> - YANNEY PARK



#### REGISTRATION:

- Participants registered by Monday, November 30th will receive a Holly Jolly Jog t-shirt the day of the race! 5K & Holly Jolly Jog entry fee: \$20 per person, Holly Jolly Jog Only entry fee: \$10 per person
- Event day registration for the 5K will be accepted from 1:00 – 1:45pm at the Peterson Senior Activity Center in Yanney Park.
- Event day registration for the Holly Jolly Jog will be accepted from 2:30 – 3:15pm.
- In case of excessive arctic weather, the race will be made up on Sunday, December 13th. No refunds. Please call the KPR 4-INFO line at 308-234-4636 ext. 4113 for postponement information.

#### INFORMATION:

- Get Out and Get Running in a 5K along the Kearney Hike/Bike Trails. Dress-up in holiday attire to participate in the costume contest! Activities for children or non-runners will be available inside the Senior Center during the race.
- Enjoy a mile jaunt around Yanney Lake, encountering various Fun Zones! After completion of the adventure, warm up to hot chocolate and decorate cookies at Mrs. Claus' Kitchen. Post-event prize drawings will also take place.
- Race prizes will be given to the top 3 male and female runners in each of the following age groups: 13 & under, 14-18, 19-24, 25-35, 36-49, and 50+.
- This race is coordinated by Kearney Park and Recreation, UNK Event Planning Students, and the Kearney High School HOSA organization. HOSA's focus is on educating students who want to pursue a career in the health field. Emphasis is on volunteering and charity work. What better way than to provide a fun-filled unique race opportunity for the community!
- A percentage of the proceeds will be donated to the Kearney Public School HOSA Chapter and the Leukemia & Lymphoma Society.

#### EVENT COURSE:

- The 5K course will begin by the Sue Bush Memorial Shelter, follow the concrete trail south to a turn-around, return north, and finish near the Senior Center. An aid station will be provided.
- The jog course will begin in Yanney Park by the Peterson Senior Activity Center. Follow the marked trail around Yanney Lake as you encounter holiday activities on your way to the North Pole.
- "Fun Zones" include but are not limited to: Reindeer Games, Snowball Toss, Santa Station, Penguin Shuffle and more!

WAIVER: I hereby waive and release all rights and claims for damages I may have against the City of Kearney, Kearney High School, Yanney Heritage Park Foundation, organizers and sponsors of the Holly Jolly Jog for any and all injuries suffered by me in this event. I further certify that I am in good enough health to participate in this event. I also agree to the use of my name and picture in publicity and media coverage of this event. We the parents or participating individual, grant permission for pictures to be used in the City of Kearney Park and Recreation publicity materials.

.....  
Your Signature

.....  
Parent/Guardian Signature if under age 18

#### ENTRY FORM:



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

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Shirt: \_\_\_\_\_ 5K & Jog or Jog Only

Family Member 2: \_\_\_\_\_ Age \_\_\_\_\_ Shirt \_\_\_\_\_ 5K & Jog or Jog Only

Family Member 3: \_\_\_\_\_ Age \_\_\_\_\_ Shirt \_\_\_\_\_ 5K & Jog or Jog Only

Family Member 4: \_\_\_\_\_ Age \_\_\_\_\_ Shirt \_\_\_\_\_ 5K & Jog or Jog Only

Family Member 5: \_\_\_\_\_ Age \_\_\_\_\_ Shirt \_\_\_\_\_ 5K & Jog or Jog Only

Please circle the event each family member is participating in.

Shirts are available in: YS, YM, YL, S, M, L, XL, XXL, and XXXL

Mail this form with your entry fee to: (Checks payable to: City of Kearney) City of Kearney Park & Recreation Dept., P.O. Box 1180, Kearney, Nebraska 68848

or drop it off at the Kearney Park and Recreation Office at 2005 1st Avenue, Kearney, NE.

Online registration is available at [www.KPRregister.org](http://www.KPRregister.org).



**Register by November 30th for a t-shirt!**



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# COURSE MAP



### 5K COURSE DESCRIPTION

The 5K course will begin by the Sue Bush Memorial Shelter, follow the concrete trail south to a turn-around, return north, and finish near the Senior Center. An aid station will be provided.

### EVENT SCHEDULE

- 1:00pm - 5K Registration Begins
- 1:45pm - 5k Race Instructions
- 2:00pm - 5k and Kid's Activities in PSAC Begin
- 2:30pm - Jog Registration Begins
- 3:00pm - 5K Race Awards/ Costume Prizes
- 3:15pm - Jog Instructions
- 3:30pm - Holly Jolly Jog Begins
- Approx. 4:00pm - Cookies and Hot Chocolate in PSAC
- Approx. 4:30pm - Jog Costume Prizes and Prize Drawings

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### SUNDAY, DECEMBER 6<sup>TH</sup> - YANNEY PARK

Register by Monday, November 30, to receive a Holly Jolly Jog t-shirt. Day-of registrations will be accepted, but t-shirts are not guaranteed. Registration forms are available at [www.kearneyrec.org](http://www.kearneyrec.org) or sign up online at [www.kprregister.org](http://www.kprregister.org).

