

WAIVER STATEMENT:

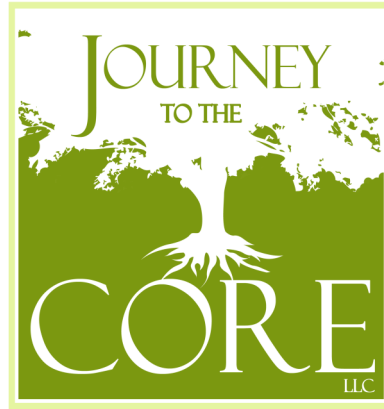
Entry invalid if not signed.

In consideration of the acceptance of this registration entry, I the undersigned assume full and complete responsibility for any injury or accident, which may occur during my participation in the event or while I am on the premises of the event. I hereby release and hold harmless Journey To The CORE, LLC & Events, Sherryl Zoltenko, Superior Public Schools, the coordinators, the sponsors, promoters and all other persons and entities associated with the event or their agents or employees, or otherwise. I will not enter and participate unless medically and properly trained. I also know that although police protection will be provided, there may be traffic on the course route. I assume the risk associated with this event, including but not limited to falls, contact with participants, alcohol consumption, the effects of weather including high heat and/or humidity, and the conditions of the road, all such risks being known and appreciated by me. I further grant my permission to use any photographs, videotape, motion pictures, recordings, or any other record of this event. Fees are non-refundable. T-shirt size is not guaranteed. I have read the forgoing and certify my agreement by this signature, and my parent's/ guardian's if under 18.

Signature _____

Date: _____

3rd Annual



Commit • Overcome • Renew • Energize

Women's Event

*In Memory of
Caryol L. Hansen*

**Saturday, September 24
8:00 am to 3:00 pm
Superior High School
601 W 8th St.
Superior, NE**

SPONSORSHIP FUNDS :

Area Businesses and individuals have helped sponsor the CORE Women's Event and other projects in our community.

-Sponsored CORE-XTC Speed Camp and Pork Burger Fund-raiser for the Superior Athletic Department. July 2009

-Sponsored a youth for the 2nd Annual Miller Triathlon Aug 2009

-Children's Author, Pilot & Speaker Mark Hoog spoke to each of the Superior Schools & community-March 2010

-CORE solicited sponsors for 80 "Your Song" books given to children who attended Royal Family Kids Camp June 2010. The book written by Mark Hoog teaches the child that he has God given gifts to be used to find "His Song" (purpose) in life.

-CORE purchased books by Mark Hoog for building leadership & self esteem in children, for the Public Library & Schools.

-CORE Events purchased new jerseys for the Junior High Girls Basketball Team. Promoting self esteem, fitness and team effort. Winter 2010

-CORE donated CORE/XTC T-shirts to the local Soccer youth and coordinators. Promoting youth physical activity, self esteem & working together.

-CORE helped promote Positive Solutions Inc. Circle of Life "Healthier You...in 1 day" by printing the brochures and signs as well as emailing others to get the word out.



MISSION:

The Women's Event is a dream of Sherryl's, in memory of her mother, Caryol L. Hansen, who raised 9 children on her own, always giving of herself and not taking or finding the time to take care of herself.

Our mission and intention of the Women's Event is to help women see the value & worth that God intended for them to know as women & to promote mental, physical, emotional, & spiritual health. Our view is that the body cannot be whole if we leave any component out. We promote trusting open relationships that support a good healthy sense of well-being while building positive, trusting, & bonding female relationships. We pursue fitness and good nutrition as part of taking care of the whole being, so that we may be prepared for whatever life brings our way.

We want women to see the value and worth of themselves as the woman God designed them to be, not for what they do for others. We wish to encourage and support women to take care of themselves and to develop or create a group of women to help promote and support health in all areas of life and in their communities.



COME and JOIN us on the JOURNEY!!!

All Little Princess Events will be held at the Wildcat Community Track

10 YD Diaper Crawl: This event is “just for fun”. Come and see how fast the little princess wants to crawl or teeter to mommy! (15 months old and younger)

Princess Dashes: Watch and cheer on all the little princesses from age 16 months to 12 years as they spread their wings and dash to the finish line in a variety of races.

50 M Princess Dash: Age 16 months–3 yrs

200 M Princess Dash: Age 4–6 yrs

400 M Princess Dash: Age 7–12 yrs

**Enter your little princess today.
She will receive her very own tiara
for finishing the race.**

Two-Mile “Walk-Jog-Run”: This mixed paced event will take place on a scenic course around the west side of Superior, Nebraska. All participants must be 13 years or older. Medals will be given out for 1st, 2nd and 3rd Place, in each age division as well as one for the Overall Winner.

One-Mile “Talk ‘N Walk”: Every female of every age will enjoy this stroll through the park. Call your best friend to “talk n walk” with you. We encourage you to “talk n walk, promoting fitness while enjoying and building relationships with your best friend. Or ask grandma, mom, sisters and daughters to walk, talk, laugh and build memories while having fun exercising. Medals will be given out for most generations in one family entered, oldest walker, youngest walker (or in a stroller), most members of one household entered, and farthest traveled.

Lunch: For \$5.00 you will receive a freshly grilled pork burger on a bun, with a bag of chips, bottled water and a piece of fruit.

OPEN TO THE PUBLIC

Schedule of Events

8:00-8:45 am-Registration & Packet Pick-up—Cafeteria

9:00 am 10 yd Diaper Crawl
Immediately followed by the 50, 200, & 400 M Princess Dashes

10:00 am 2 Mile “Walk-Jog-Run”

10:45 am 1 Mile “Talk N Walk”

Awards given in the gym following the last event.

(Shower Facilities will be available courtesy of Superior High School)

11:00 - 12:30 pm Lunch –Cafeteria

*****12:30-1:15 pm

Vocalist– LeAnn Hart

Featured Song: TBA

Speaker- LeAnn Hart

Topic: TBA

1:15-1:30 pm—Megan McMeen & Sherryl Zoltenko

Topic: -Tanita Body Composition Analyzer

-Monthly Accountability Group Meetings

1:30-? Take Readings for Tanita Body Composition.

8:00 am-3:00 pm

Vendor Fair OPEN TO THE PUBLIC

All Day in High School Gym

Enjoy browsing the “shops” for your gift, pampering or health & wellness needs.

****12:30-1:15 pm-vendor floor shut down for vocalist & speaker

About the Speaker & Vocalist:

LeAnn Hart, wife of PBR Bull Rider’s IRONMAN, J.W. Hart, has many accomplishments in the Lord. She is a singer, songwriter, wife, mother, and has a passion for photography. Originally from Louisiana, LeAnn's home is in Oklahoma now where she and her husband stay busy with kids, bulls and family. On the other side of staying busy with her own family, she travels and sings at churches across the country. In her down time (which there isn't much of) she is the Chairman for the Love County Toy Drive and Angel Tree. One of her favorite verses is “Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.” **James 1:12**



If you would like more information on how you can become a participant, volunteer, vendor or sponsor, please contact:
Sherryl Zoltenko at
sherryl.zoltenko@journeytothecore.com
Or check out the website at
www.journeytothecore.com
(website is “UNDER RE-CONSTRUCTION”)
Or phone: 402-879-5310

Registration

PLEASE PRINT INFORMATION

Name _____

Address _____

City, State, ZIP _____

Phone _____

Email _____

Date of Birth _____

Race Entry determined by age on Sept 24, 2011

Events (please check only one)

10 yd Diaper Crawl (15 months old or younger)

50 M Princess Dash (Ages 16 mon.–3 yrs old)

200 M Princess Dash (Ages 4–6 yrs old)

400 M Princess Dash (Ages 7 –12 yrs old)

Two-Mile Walk-Jog-Run (Ages 13 and up)

Age Brackets: 13-20, 21-30, 31-40, 41-50, 51-60, 61 & over

We encourage ALL female entrants to participate:

One-Mile Talk ‘N Walk

**T-Shirt Size (Registration must be received by
Sept 14th to guarantee a t-shirt.)**

Youth XS S M L

Adult S M L XL XXL XXXL

Adult registration \$15.00 (13 and up)

Child’s registration is \$10 with a paid adult.

Mail registration form and payment to:

Journey To The CORE, LLC Events

c/o Sherryl Zoltenko

P O Box 39

Hardy, NE 68943

Waiver on Reverse Side

MUST BE SIGNED