



Adam Zetterman was a young man loved by many. He was a gifted athlete and musician at Norris High School, an honor student at University of Nebraska Medical Center, and a caring, skilled nurse in cardiac ICU at BryanLGH East. He loved his family and friends, and was so loved by them.

Despite his battle with depression, he succeeded with an unquenchable thirst for happiness. He had many skills, abilities, and compassion and yet the grip of depression repeatedly interfered and ultimately cost him his life.

Knowing Adam would want to make life different for others, this run will honor his life and bring hopeful awareness to a disease that plagues many, but can be treated and can be overcome.

Time **2** TRAIN

Whether you're beginning or experienced, get ready to run or walk your first 5K or 10K or improve your time with **Time 2 Train**. We'll help you reach the finish line healthy, happy and with the time that meets your training goal.

Class speakers include certified athletic trainers, exercise physiologists and an orthopedic physician. Our graduation "exercise" will be the **BryanLGH Run to Overcome on Sunday, Oct. 9, 2011**.

You will receive:

- A personalized training schedule
- A technical t-shirt
- Encouragement and motivation
- Class topics on footwear, gate analysis, stretching, strength training for runners, injury prevention, run day preparation, nutrition and more.

Class information:

**Tuesdays, Aug. 16-Oct. 4
6-7 p.m.**

Place: BryanLGH LifePointe,
7501 S. 27th St.

Cost: \$40, LifePointe members;
\$50, guests; for ages 15 & older
Register: Call **402-481-6300**
or online at bryanlgh.org



5K, 10K & Kids' Fun Run

**Sunday,
Oct. 9, 2011
12:30 p.m.**

*BryanLGH LifePointe
7501 S. 27th St.
Lincoln, NE*



Join us for the inaugural



2011 RUN to OVERCOME

Adam's Race

One-mile Kids' Fun Run will begin at 12:30 p.m., followed by the 5K and 10K at 1 p.m.

This is an out and back race that begins and ends at BryanLGH LifePointe, located at 7501 S. 27th St. It is run on a professionally measured course. An awards ceremony will follow immediately after the race.

We encourage the participation of everyone from the beginner to experienced road runner. Race proceeds will be used for continued education on depression and mental health.

BryanLGH offers FREE online, confidential screenings for depression, anxiety and alcohol, go to bryanlgh.org

Fee, Registration and Packet Pick-up Information

Kids' Fun Run:

\$10 - includes a short sleeve cotton t-shirt, open to all kids under age 12.

5K and 10K:

\$20 - short sleeve cotton shirt
\$25 - long sleeve cotton shirt
\$25 - short sleeve dri-fit shirt
\$25 - from Sept. 26 to Oct. 6 (t-shirt is not guaranteed)

T-shirts for all races are awarded to every runner who enters by Sunday, Sept. 25, 2011.

Entry Deadline:

Entry fee is non-refundable.

No entries will be accepted after Oct. 7, 2011 at 3 p.m.

Early Packet Pick-up:

Oct. 7 and Oct. 8

7 a.m.-7 p.m.

BryanLGH LifePointe
7501 S. 27th St.

Race Day Packet Pick-up:

7 a.m.-12:45 p.m.

BryanLGH LifePointe, 7501 S. 27th St.

NO RACE DAY ENTRIES

Contact Justin Pfeifer, 402-481-5643, or go online to bryanlgh.org/community education for more information.



Entry Form - Online entry option available at bryanlgh.org/communityeducation

One entrant per form (copies OK).

Registration deadline is October 7, 2011. NO RACE DAY ENTRIES

Name _____
 Address _____
 City _____ State _____ Zip code _____
 Phone (____) _____ Gender F M Birthdate _____
 E-mail _____

Race Entered: Kids' Fun Run 5K 10K

Shirt Type: Short Sleeve Cotton Long Sleeve Cotton Short Sleeve Dri-Fit

Shirt Size: Adult: S M L XL XXL Youth: S M L

Please make checks payable to: BryanLGH Medical Center

Mail registration forms and entry fees to:

BryanLGH Medical Center West | education services, Justin Pfeifer
2300 S. 16th St. | Lincoln, NE 68502

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained to complete the event. I agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risks associated with running in this event, including, but not limited to my personal health and fitness, falls, contact with other participants, bikers, and animals, the effects of weather, including heat or cold and precipitation, and the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act or who is entitled to act on my behalf, waive, release, and will hold harmless BryanLGH Health System, and all its affiliates including BryanLGH Medical Center and BryanLGH Enterprises, Inc., the City of Lincoln, all other sponsors and property owners, and all the agents, employees, officers, directors and volunteers working for those entities from all claims or liabilities of any kind arising out of my participation in this event. I grant my permission to all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I also understand that my entry fee is nonrefundable. A parent must sign if entrant is under 18 years of age. This is to certify that my child has permission to compete in this event, is in good physical condition and the event officials may authorize necessary emergency medical treatment. I understand that bicycles, skateboards, baby joggers or strollers, headphones, roller skates or blades, and animals are not allowed in the race, and I will abide by this requirement.

Date _____ Signature of Participant _____

Signature of Parent or Legal Guardian (participants under the age of 18)