

BHS BACKYARD BOLT

5k Run/Walk

Bemidji, MN

Saturday July 24, 2010

Race is held to raise money for the Bemidji High School Cross-Country Team.

REGISTRATION

\$20.00 entry fee per person

Includes:

☉ T-shirt

☉ Food after race

\$5.00 entry for kid's race- no T-shirt

Register on day of race, or to guarantee a shirt

mail registration forms (postmarked by July 19th) to:

Kim Truedson

20242 Windhill Dr.

Bemidji, MN 56601

For questions contact:

phone: (218)-333-3514

email: jtruedson@bemidjistate.edu

COURSE LOCATION

The course is located at the trails behind the Bemidji High School. Participants meet at the High School track

☉ The **kid's race** is a ½ mile near the trails for kids 12 and under.

☉ DAY OF EVENT

8:00- Registration

9:00- Kids Race

9:30-5k Race Begins

10:45- Awards handed out

AWARDS

Awards will be handed out to the top 3 male finishers, top 3 female finishers, and the top finisher in every age category.

There will also be awards for the team category, for teams of 3. This includes BHS alumni and current member teams.

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Age: _____ Select one: Male Female

Phone number: _____ email: _____

Shirt Size (*adult sizes*): _____ S _____ M _____ L _____ XL

RACE 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. 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 this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and the conditions of the road, 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, waive, release, and will hold harmless the the race organizer, all other sponsors, and all the agents, employees, officers, directors, and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I grant the race organizers my permission to use any images taken of me in further publicity or advertising. For safety reasons we must prohibit bicycles, and dogs from this event.

Signature (*parent if under 18 years of age*) _____ Date _____