



# River Run

on the river walk  
2023

**Join us for the 6<sup>th</sup> annual River Run on the River Walk!**

**When: Friday, June 9**

**Where:** Start and finish at Rail Park during the River Fest



**Check-In:** 6:15-7:00 pm

**Start Time:** 7:00 pm

**Distance:** 1.9 – 2.75 miles ~ You choose your distance!

**Cost:** 18 and under \$5.00 (without shirt) ~ Adults \$10.00 (without shirt)

**Want a shirt?** Add \$10.00 to registration fee: \$15 Kids ~ \$20 Adults

**Questions? Contact Tessa @ 892.2467 or [tessa@bellefourche.org](mailto:tessa@bellefourche.org)**

**River Run on the River Walk Route:** Up and back short route **approximately 1.9 miles.**

1. Begins on State Street at Rail Park
2. East on State
3. Left on 8<sup>th</sup> Avenue River Walk
4. Stay on River Walk until you hit the end of the paved path that hits State Street (yellow poles)
5. Turn around and return the same way you came! **(1.9 miles)**
6. For those seeking a few extra steps...we suggest continuing on State Street until you come to American Family Insurance and then turn around and return the same way you came! **(2.6 miles)**
7. \*And for a third option (on your return) consider going up and down through flags at the museum for a little hill and mileage. **(.15)** Again turning around and hopping back on main path the way you came. **(2.75 miles)**
8. Lots of options! Enjoy the River Walk, nature, and take care of yourself. Bring a friend and enjoy a leisurely walk or a fast paced walk/run.
9. Finish at Rail Park
10. Check to see if you won any cool giveaways!
11. Enjoy food, drink, shopping, farmers market and fun activities at the River Fest!

## BF Rec River Run on the River Walk Registration Form & Liability Waiver

**Name**\_\_\_\_\_ **Age**\_\_\_\_\_ **Gender**\_\_\_\_\_

**Address**

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

**Email** \_\_\_\_\_ **Phone ( )** \_\_\_\_\_

**Emergency Contact/Phone** \_\_\_\_\_

**Shirt size:**                      **Adult**                      **Youth**                      **S**    **M**    **L**    **XL**    **XXL**    **XXXL**

**Agreement to Participate and Liability Waiver for the Belle Fourche Rec Center (BFRC):** I/We understand that the healthiest individuals are capable of participating in physical activity with minimal risk. I further accept the risk inherent in the physical and recreational activities in which the ordinary and prudent person is or should be aware. I understand that if I have one of the following conditions, I should consult a physician prior to participating in a physical exercise program: 45 years of age or older, overweight or obese, physical limitations or handicap, cardiovascular disease or disorder, subject to exercise induced risk factors, or other disorders or medical conditions. I further understand it is my responsibility to decide whether or not to consult a physician. I agree to be responsible to do all of the following while using the BFRC: act within the limits of my ability, heed all warnings regarding participation in the BFRC activities, maintain control of my person and the equipment or devices, refrain from acting in any manner which may cause or contribute to injury to myself or others, abide by the letter and spirit of the rules and guidelines for participation at the BFRC. I have viewed the BFRC and its programs and I am familiar with the facility and I understand and appreciate that there are certain risks inherent in any physical and recreational activity conducted at the BFRC. Finally, I hereby waive any and all liability the BFRC has and waive any and all damages against the BFRC activities. Further, I do hereby release and discharge the BFRC and the City of Belle Fourche and any and all of its agents or employees from any liability to the undersigned arising from injury or damage that may be sustained by participating in this program/event by my signature below.

<b>Signature</b>	<b>Date</b>
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Parent/Guardian Signature (If under 18 yrs. of age) \_\_\_\_\_ Date \_\_\_\_\_

**PHOTOGRAPHY RELEASE:** The BF Rec Center periodically photographs our sponsored programs and events. These photos may be used for marketing purposes. Media outlets may include but are not limited to our website, Facebook, Instagram, Twitter, local newspapers, brochures and other promotional materials. Your signature on our liability and release waiver, also gives permission for the BF Rec Center to use program pictures of the participant.