

FEARLESS 5K



NIGHT RUN!!

**GLOW
STICKS!!**

Friday, October 28th

Check In: 6:00-6:30pm (**That's right, it's at NIGHT!**)

Start Time: 6:30pm

Location: Herrmann Park/Bowman Hall

Timing/Prizes: The main objective is to be active; however, we will be timing the event for those who want to know their times. All prizes will be random as everyone will be entered to win regardless of their time/place.

Registration: Registration forms are available at the BFRC or bellefourcherec.com

\$10.00 (no shirt) ~ \$20.00 (with event shirt)

\$5.00 (kids 18 & under no shirt) ~ \$15.00 (kids 18 & under with shirt)

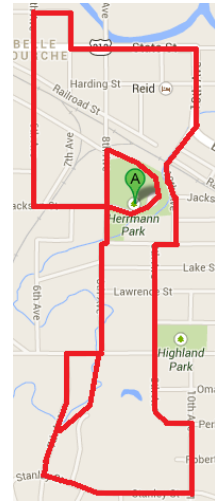
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The Belle Fourche Rec Center is organizing this event for all ages and fitness levels. Join us for our **10th Annual Fearless 5k** (3.1 miles) that starts and finishes at Herrmann Park. We suggest wearing bright, reflective clothing and neon necklaces/bracelets will be provided to help you be visible. Bring a friend, wear a costume, just get out and get moving!

Race Route: Begins at Herrmann Park (In front of Bowman Hall)

1. Straight on Jackson
2. Right on 6th Avenue
3. Right on Grant Street
4. Continue on 7th Avenue
5. Left on State Street
6. Continue on State Street (turns into 10th Avenue)
7. Stay right at the "Y" on 10th Avenue & Elkhorn Junction
8. Right on Kingsbury
9. Left on 9th Avenue
10. Continue on 9th Avenue (turns into Perkins Street)
11. Right on 10th Avenue
12. Right on Stanley Street
13. Right on 7th Avenue
14. Go through bike path tunnel through Wyler Park (to 8th Avenue)
15. If weather does not permit bike path tunnel continue on 7th Avenue
16. Turn right on National Street
17. Turn left on 8th Avenue
18. Continue to the junction of 8th Avenue and Roundup Street (road to go to Herrmann)
19. Right at the junction of 8th and Roundup
20. Follow the road through Herrmann Park to the Start/Finish line



BFRC FEARLESS 5K Registration Form & Liability Waiver

Name _____ Age _____

Address _____ City/State _____

Phone _____ Email _____

Emergency Contact/Phone _____



Shirt size: S M L XL XXL XXXL

____ Adult Shirt

____ Youth Shirt

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.

Signature

Date

Parent/Guardian Signature (If under 18 yrs. of age)

Date