



Bay Days
Ashland, Wisconsin



Bay Days 5K & 10K Fun Run SATURDAY, July 19, 2014 8 am

This year's event features a 5K & 10K race running along Ashland's Waterfront Trail. You'll run past many of Ashland's landmarks along the beautiful Chequamegon Bay of Lake Superior. Registration, race start, and race finish are at Bayview Park in Ashland on Highway 2. Race starts at 8am. Saturday, July 19, rain or shine. Please see our website, www.ashlandbaydays.com, for detailed information.

Race Fee: \$15 until July 1st and \$20 after July 2nd until July 18th. Race day \$25.00 (shirt not included)

Take \$2 off per participant if 3 or more participate from one family for the Fun run.

Family means parents and dependent children, *not cousins, aunts, uncles or other people's children* @.

No discount on Race Day.

Medals sponsored by



Same-Day Registration and bib pick-up: Saturday, July 19, 7am—7:30am
at the Chamber Festival Tent, at Bayview Park. Race starts at 8am, rain or shine.

- **T-Shirts:** Unisex adult technical shirts are available for an additional \$7.00. Youth shirts are available for an additional \$6.00.
- **Awards Ceremony:** Awards will be presented after all runners are in. Awards will be going to 1st and 2nd overall female and male.

For insurance purposes:

- Everyone participating must be a paid participant of the race wearing an official bib or they will be directed to leave the course.
- NO animals, roller skates, roller skis, inline skates, bikes or carriages of any kind allowed to participate in the Bay Days Fun Run. For your own safety and for those around you, these are NOT allowed. If you are caught on the course with any of these, you will be directed off the route.
- Persons under 18 years of age must have a parent's signed consent.

Bay Days 5K & 10k Fun Run Registration Form



5K _____ 10K _____ \$15 until July 1st; \$20 after July 2nd until July 18th. Race day \$25.00.
(shirt not included) Take \$2 off per participant if 3 or more participate from one family for the Fun Run. (Family means parents and dependent children, *not cousins, aunts, uncles or other people's children.*)

No discount on Race Day.

Total Enclosed \$ _____ (Add \$7.00 for an adult unisex shirt or \$6.00 for a youth shirt)

Are you a past registrant? _____

Name _____ Telephone _____
 Street _____ City _____ State/Zip _____
 Male _____ Female _____ Age _____ Date of Birth _____ Adult Shirt Size (\$7 additional cost) S, M, L, XL, XXL
 Youth Shirt Size (\$6 additional cost) S, M, L

Email Address _____

Do you have any medical conditions about which we should be aware?

Please specify: _____

Athlete's Release:

Warning: Participating in the Bay Days Fun Run can be a serious threat to health of individuals who are not in excellent physical condition. For, and in consideration of, my participation in the Bay Days Fun Run, I myself, my executors, administration, heirs, and assignees do hereby release and discharge Ashland County, the City of Ashland, Ashland Chamber of Commerce and all sponsors, agencies, subsidiaries, affiliates and beneficiaries jointly and severally and hold and waive harmless from and against any and all actions, claims, injuries, demands, liabilities, loss damage or expenses of whatever kind and nature including, but not limited to, attorney fees which at any time may be incurred by reason of my participation in or my preparation for any of the aforesaid events. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. If however, as a result of my participation in Bay Days Fun Run, require medical attention, I hereby give my consent to authorized medical personnel of Bay Days Fun Run to provide such medical care as is deemed necessary by such authorized personnel. The undersigned grant full permission to any and all of foregoing use to his/her likeness, including photographs and videotape for publicity and advertising purposes without compensation.

Signature: _____

No refunds or transfers of entries • Make checks payable Bay Days Fun Run

Mail to *Bay Days Fun Run* P O Box 746, Ashland, WI 54806

5K \$ _____
 10K \$ _____
 Shirt \$ _____ additional \$7 or \$6
 Total \$ _____