



# 2<sup>nd</sup> Annual Subway GET FIT Road Race

## Saturday, August 14, 2010

### Youth 1 Mile Fun Run ■ 5K Run/Walk ■ 10K Run

- Early Check-In — Friday, August 13, 4:30 — 8 p.m. @ Capital Racquet & Fitness Center
- Race Day Registration — 7:30 a.m. (North Parking Lot of the Bismarck Community Bowl)
- Race starts at 8:30 a.m. (10K, 5K Run/Walk, Youth 1 Mile Fun Run)

*Sponsored by Bismarck Parks and Recreation District and Subway*

Awards will be given for age groups in each category. All youth participants in the 1 mile fun run will receive an award. Registration fee includes t-shirt, sponsor prizes, registration packet and post race snacks and refreshments. Awards ceremony will be held the day of the race inside the Community Bowl at 11 am. Online registration is also available at [www.bisparks.org](http://www.bisparks.org). Online registration deadline is Friday, August 13 @ 12 noon. Please note: family registration cannot be done online and must be done by mail or in person. Please contact Fawn Schirado or Katrina Kittleson @ 221-6855 with any questions.

#### EARLY REGISTRATION/ONLINE FEES

- Adults: \$15
- Youth: \$5 (14 and under)
- Family: \$35\*

#### ON-SITE REGISTRATION FEES

- Adults: \$20
- Youth: \$8 (14 and under)
- Family: \$45\*

*Please read and sign waiver below.*

NAME(S): \_\_\_\_\_ Birthdate: \_\_\_\_\_ Race:  1 mile Youth Run  5K Walk  5K Run  10K Run

ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

*\*Additional Family Members (includes spouse and 2 children under 18).*

NAME(S): _____ Birthdate: _____	Race: <input type="checkbox"/> 1 mile Youth Run <input type="checkbox"/> 5K Walk <input type="checkbox"/> 5K Run <input type="checkbox"/> 10K Run
I, or my parent/guardian if I am under 18 years old, has read the waiver below _____	
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**TOTAL DUE:** \_\_\_\_\_ **Check #:** \_\_\_\_\_ Credit cards accepted online or in person only. Register online at [www.bisparks.org](http://www.bisparks.org).

**Mail form and check to Capital Racquet and Fitness Center, c/o Subway Get Fit Road Race, 3200 N. 10<sup>th</sup> St., Bismarck ND 58503**

Please read this form carefully and be aware that in registering yourself or your child/ward for participation in the below program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the below program(s).

I recognize and acknowledge that there are certain risks of physical injury and/or death to participant in the below program(s) and, I agree to assume the full risk of any such injuries, death, damages, or loss regardless of severity which I or my child/ward may sustain as a result of involvement with the below program(s). Further, I hereby waive and relinquish all claims that I, my insurer, or my child/ward may have against the Park District and its officers, servants, and employees from any and all claims for injuries, damages, or loss which I or my child/ward may have or which may accrue to me or my child/ward in relation to his/her involvement with the below program(s), regardless whether the activities involved are supervised or unsupervised. I also agree to hold the Park District harmless for any injuries, death, or damages sustained in relation to my child/ward's involvement with the below program(s). Nothing in this release shall be intended to release the Park District from responsibility of fraud or willful injury to person or property, nor for any violation of law. This release is intended to and releases only claims for negligence and/or non-willful or non-criminal claims. **I HAVE READ AND FULLY UNDERSTAND THE ABOVE AGREEMENT OUTLINING MY ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS.**

Participant or Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_