



Stride into Spring Earth Day

5K RUN – 10K RUN

BEMIDJI STATE UNIVERSITY BEMIDJI, MINNESOTA



April 21st, 2018

9:00 am start



OFFICIAL REGISTRATION FORM

Name _____ Division: 5K_____, 10K_____

Address _____ Race Day Age_____ Sex_____

City _____ State _____ Zip _____ School: _____

Phone # _____ e-mail _____

Shirt Size: YL ____ S ____ M ____ L ____ XL ____ (First 100 registrants will be guaranteed t-shirts; Register by April 1st to be guaranteed your preferred size)

RELEASE: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound myself, my heirs, executors and administrators, do hereby release any and all sponsors, directors and volunteers of this event, the Stride into Spring of 2018 and their representatives, successors and assigns, from any and all liability from illness or injury I may suffer as a result from my participation in this event. I attest and verify that I am physically fit and properly trained for the completion of this event. I assume all risks associated with but not limited to falls, contact with other participants, the effects of the weather, traffic, temperature and course conditions. I also understand that fees are not refundable.

SIGNATURE

DATE

Registration, non-students	\$25.00
Registration, students (K-12, BSU, NTC, etc.)	\$10.00
Donation to T & F	
Total Enclosed:	

Make Checks Payable to "BSU Track"

Mail Entries to:

**Stride into Spring 2018
Bemidji State University
1500 Birchmont Dr. NE, Box #5
Bemidji, MN 56601-2699**

Questions? Contact kkean@bemidjistate.edu

AWARDS: The Awards will be handed out as each competitor finishes.

TIMING: A large digital clock will be located at the finish line for easy view by runners.

FACILITIES: The starting and finishing areas are in the parking lot in front of the Gillett Recreation Center. Showers will be available in the Gillett Recreation Center and refreshments will be available at the finish to all participants. Vendor/informational booths will be set-up in the lobby area of the Gillett Recreation Center.