

FAMILY FUN DAY 42nd Annual

Saturday JULY 2 5K RUN/WALK & YOUTH COMPETITION

SPONSORED BY SANFORD HEALTH

All proceeds go to Best Friends Mentoring Program, providing services to at-risk youth in southwest North Dakota

LOCATION: Dickinson State University front lawn - corner of 8th Ave W and 2nd St W

REGISTRATION: 6:30 a.m.; race starts at 7:30 a.m.

COURSE: Start and Finish at DSU front lawn - corner of 8th Ave W and 2nd St W

EVENTS: 5K Family Fitness Walk, 5K Run, Youth Competition

SPECIAL FEATURE: Youth Competition for kids 12 and younger to begin near the event start

AWARDS: top 3 finishers in each age group for men and women in each event plus top 3 finishers in the Youth Competition

INFORMATION: 701-483-8615 or www.bestfriendsnd.org

New For 2016

CHIP TIMING WITH IMMEDIATE RESULTS FOR EVERY 5K RUN PARTICIPANT!

VIDEO FINISH INCLUDED WITH 5K RESULTS!

THE ONLY 5K IN DICKINSON WITH ELECTRONIC TIMING!

www.roughriderdaysfair.com
www.bestfriendsnd.org



PAYMENT INFORMATION: WWW.BESTFRIENDSND.ORG OR MAKE CHECKS PAYABLE TO BFMP

REGISTRATION FORM

Complete and return registration with payment to: *Family Fun Day 5K Run/Walk, 135 W. Villard St., Dickinson, ND 58601*

INFORMATION: 701-483-8615 or www.bestfriendsnd.org

EVENT you are entering: 5K Walk 5K Run Youth Competition Ages 12 & Younger

FEES (check one):

\$20 in advance \$25 on race day \$10 Youth Competition

SANFORD HEALTH?

NAME _____ **ADDRESS** _____

CITY _____ **STATE** _____ **ZIP** _____

TELEPHONE (____) _____ - _____ **E-MAIL** _____

AGE _____ MALE FEMALE

AGE GROUP (check one):

12 & younger 13-18 19-29 30-39 40-49 50-59 60-69 70+

T-SHIRT SIZE:

Youth S M L Adult S M L XL XXL

WAIVER & RELEASE: I hereby represent and certify that I am in proper physical condition to participate in the event for which I am entering. I acknowledge and understand that there are certain physical risks in running this distance. I also understand that the course for this event will be open to normal vehicle traffic, knowing that this may cause additional risk. Knowing, and at my own risk, I hereby waive and release any and all claims by myself, my heirs, executors, and administrators for damages that I may incur as a result of my participation in this event, against any sponsors listed on this registration form or other documentation, Western Wellness Foundation Inc., Best Friends Mentoring Program, City of Dickinson, Dickinson State University, all other sponsors, employees, volunteers, or elected officials of these organizations for said injuries and/or damages. Further, I grant full permission and right to use my name, photographs, video or any other record of my participating in the Family Fun Day 5K Run/Walk, any publicity and/or promotional purpose without obligation, compensation, liability or payment of any kind. I have read the entry form and certify my compliance by my signature below.

Signature _____ If younger than 18, parent or guardian must sign above

In case of weather or other cancellation, the race will not be rescheduled and there will be no refunds.

OFFICE USE ONLY: Race number _____ M F Age Group _____