



# Bay Days 5K & 10K Fun Run SATURDAY, July 16, 8 a.m.



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. Persons under 18 years of age must have a parent's signed consent. Race start at 8 a.m. July 16, rain or shine. Please see our website [www.ashlandbaydays.com](http://www.ashlandbaydays.com) for detailed information .

**Registration and bib pick-up:** Saturday, July 16, 7am—7:30a.m.  
at the Chamber Festival Tent, at Bayview Park. Race starts at 8am, rain or shine.

- **Race Fee:** \$15 until July 10 and \$18 after July 11. Race day \$20.00 (shirt not included)
- **T-Shirts:** Short sleeved technical t-shirts are available for an additional \$7.00.
- **Awards Ceremony:** Awards will be presented after all runners are in. Awards will be going to 1<sup>st</sup> and 2<sup>nd</sup> overall female and male and fun awards for finishers.



### Bay Days 5K & 10k Fun Run Registration Form

5K \_\_\_\_\_ 10K \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_ (Add \$7.00 for a short sleeved groovy Tech shirt )

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
 Street \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_  
 Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Adult Shirt Size (additional cost) (S,M L,XL,XXL)  
 Email Adress \_\_\_\_\_

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 the , Ashland County, 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 or whatever kind and nature including, but not to limit to, attorney fees which at any time may be incurred by reason of my participation in or my preparation for any of the afore said 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 it is deemed necessary by such authorized personnel. The undersigned grant full permission to any and all 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**