

Saturday August 30, 2014

Race Course

The race will begin and end at Bluffton Family Recreation. A map of the course is available online.

Race Times

5K Run/Walk (including Pump & Runners) 9:15 AM

Fun Run/Walk-10:00 AM

Race Day Check In

5K Pump & Run 7:45 AM

5K Run & Walk 8:30 AM

Fun Run 8:30 AM

Age Groups

14 and Under 40-44

15-19 45-49

20-24 50-54

25-29 55-59

30-34 60+

35-39

Awards go to the top male and female in the 5K as well as to the top male and female in each age group for the 5K and Pump & Run. 1st time 5K participants and Fun Run participants will receive ribbons. Participants can win both categories.



Pre-Registration

5K Run/Walk \$20 (Includes Shirt)

No Shirt \$15

5K Pump & Run \$20(Includes Shirt)

No Shirt \$15

Fun Run Donation (T-shirt not included)

*Preregistration must be at the BFR by August 15, 2014 in order to receive the 2014 Labor Day Weekend T-Shirt.

Race Day Registration

5K Run/Walk \$20 (T-shirt not included)

5K Pump & Run \$20 (T-shirt not included)

Fun Run Donation (T-shirt not included)

Online Registration Available At:

<https://secure.actimeritretired.com/BERLaborDay5K>

Name: _____ Sex: M F Age (on race day) _____

T-shirt size: YL S M L XL Email: _____

Address _____ City _____ State _____

zip: _____ Phone _____

Please circle one: 5k Run 5k Walk 5k Pump and Run challenge 1st time event 5k run/walk Fun Run (Donation)

Amount Enclosed (checks payable to BFR) Donations welcome! \$ _____

I know that running or walking in a race is a potentially hazardous activity and that I/my children should not enter and participate unless I/ children are medically able and properly trained. I assume all risks associated with participating in this event, include, but not limited to: falls, contact with other participants, effects of weather, traffic and conditions of the road, and all such risks being known and appreciated by myself. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Bluffton Family Recreation, the Village of Bluffton, and all sponsors, their representatives, volunteers, and successors from all claims or liabilities of any kind arising out of myself/my children participation in the BFR Labor Day Weekend 5K Run/Walk and 1 mile Fun Run/Walk, and Pump and Run Challenge for any or all purposes accordingly.

Signature (If under 18, parent/guardian signature required): _____

Date: _____