



Bay Days Fun Run

5K/10K & 1-mile

SATURDAY, July 16, 2022

8 am 6th Ave West Beach Pavilion

Looking for VolunTOLDS, (Volunteers), if you know someone send them our way!

The Fun Run features a 5K/10K and 1-mile FUN RUN 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 Plaza Park behind City Hall. Race starts at 8am. Saturday, July 16, rain or shine. Please see our website, www.ashlandbaydays.com, for detailed information.

Race Fee: 5k/10k - \$10 until July 15. Race day \$20 (shirt not included)
 1-mile -\$5 until July 15. Race Day \$10 (shirt not included)

Take \$2 off per participant if 3 or more participate from one family for the **Fun Run**.
 Family means parents and dependent children, *not cousins, aunts, uncles or other people's children* ☺.
No discount on Race Day.

Same-Day Registration and bib pick-up: Saturday, July 16, 7am—7:30am
 at the 6th Ave West Beach Pavilion. Race starts at 8am, rain or shine.

Finisher medals and finishline food for ALL.

**This is a
 Fun Run!!
 Event will not
 be timed.
 Everyone gets
 a medal!!**

For insurance purposes:

- Everyone participating must be a paid participant of the race wearing an official bib or they will be directed to leave the course.
- **NO animals, roller skates, roller skis, inline skates, bikes or carriages of any kind allowed to participate in the Bay Days Fun Run.** For your own safety and for those around you, these are NOT allowed. If you are caught on the course with any of these, you will be directed off the route.
- Persons under 18 years of age must have a parent's signed consent.

Find yourself next to the water

ASHLAND

Bay Days 5K & 10k Fun Run Registration Form

5K _____ 10K _____ \$10 until July 15. Race day \$15. (shirt not included)
 1-mile _____ \$5 until July 15. Race Day \$10 (shirt not included)

Take \$2 off per participant if 3 or more participate from one family for the Fun Run.
 (Family means parents and dependent children, *not cousins, aunts, uncles or other people's children*.)

No discount on Race Day.

Total Enclosed \$ _____

Are you a past registrant? _____

Name _____ Telephone _____

Street _____ City _____ State/Zip _____

Male _____ Female _____ Age _____ Date of Birth _____

Email Address _____

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 Ashland County, the 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 of whatever kind and nature including, but not limited to, attorney fees which at any time may be incurred by reason of my participation in or my preparation for any of the aforesaid 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 is deemed necessary by such authorized personnel. The undersigned grant full permission to any and all of foregoing use to his/her likeness, including photographs and videotape for publicity and advertising purposes without compensation.

Signature: _____

Parent's Signature (if applicable): _____

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

5K/10K/1-mile \$ _____
 Total \$ _____