



# Bay Days Fun Run

## 5K/10K & 1-mile

### SATURDAY, July 15, 2023

### 8am 6th Ave West Beach

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 6th Ave West Beach by the tunnel. Race starts at 8am. Saturday, July 15, rain or shine. Please see our website, [www.ashlandbaydays.com](http://www.ashlandbaydays.com), for detailed information.

**Race Fee:** 5k/10k - \$15 + .82tax = \$15.82 until July 14. Race day \$20 + 1.10tax = \$21.10 (shirt not included)

1-mile - \$10 + .55tax = \$10.55 until July 14. Race Day \$15+ .82 = \$15.82 (shirt not included)

**5 and under FREE, w/paid adult however we do need to have them registered.**

**Same-Day Registration and bib pick-up:** Saturday, July 15, 7am—7:30am  
at the pavilion at **6th Ave West Beach**. Race starts at 8am, rain or shine.

Finisher medals and finishline food for ALL.

#### For safety 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 or bikes are 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.
- In 2023 we are allowing Strollers & Carriages to participate in the Bay Days Fun Run, we just ask that the folks with strollers line up in the back and don't take up the whole trail.
- The Fun Run is an out and back course.
- Persons under 18 years of age must have a parent's signed consent.

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



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

1-mile \_\_\_\_\_ 5K \_\_\_\_\_ 10K \_\_\_\_\_

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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 \$ \_\_\_\_\_