



5K RUN/WALK



FOR SEXUAL ASSAULT AWARENESS AND PREVENTION

Saturday, May 1, 2010

9:00am start

Name: _____
 Address: _____ City: _____ State: _____
 Zip Code: _____
 Email address: _____
 Phone Number: _____
 Age: _____ Sex: _____
 Shirt Size: S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

Same day registration allowed.
 Early bird discount
 \$15.00 Registration Fee if
 Registered before Friday,
 April 9th

Release: With consideration of my entry into this event, I accept all responsibility of any injury that may occur with my participation. With that, I legally understand that I can not hold the event coordinators, programs or other participants responsible for any illness or injury. I assume all possible risks associated with this event. I also understand that fees are not refundable.

Signature _____ Date _____

Donation to the Sexual Assault Program of Beltrami, Cass, and Hubbard Counties: \$ _____

*Registration Fee \$20.00: _____

Total enclosed: \$ _____

Make Checks Payable to and return completed forms to:

Sexual Assault Program
 1819 Bemidji Ave Suite 3
 Bemidji, MN 56601

Location:

The start and finish of the race will be at the Bemidji State University Gillett Recreation Center parking lot. The lobby, restrooms and showers will be available for use the day of the race.

The 5K will be held indoors at the Gillett Recreation Center if there is bad weather the morning of the race.

For more information:

Contact Kelly Brevig at kellybsap@yahoo.com

Or call the Sexual Assault Program: 218-444-9524 or 1-800-708-2727 or fax: 218-444-9527

It's Time to Walk the Talk.