

BRING ON THE HEAT 5K

5K Run/ 5K Walk,
1/4 Mile Kid's Fun Run



Proceeds benefit the Bethlehem Fuel Bank

Saturday, April 18th, 2020

Memorial Hall, The Green, Bethlehem, CT

7:30 AM – Registration Opens

8:30 AM – Kid's Fun Run

9:00 AM – Run/Walk Start

Presented by
Bethlehem
Park and
Recreation



Entry: **\$25** Pre-Registration; **\$30** on race day, **\$15** Age 12 and Under
\$5 Kid's Fun Run

T-shirts: First 100 5K registered

Awards: Male and female overall winners

Top Three in the Age Groups: U-12; 13-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79, 80+

Music on the course

Great Post-Race Party – Entertainment by Kareem Blue

A free craft beer for each participant compliments of Woodbury Brewing Co (Bring ID)

More info: www.firstmile-fitness.com/bring-on-the-heat-5k

Mail form and check to: Bethlehem Recreation, PO Box 160, Bethlehem, CT 06751

Name:

Age:

Address:

Phone:

Email:

Sex (M/F):

T-shirt size (S/M/L/XL):

Run, walk or kids fun run? (R/W/K):

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself and anyone entitled to act on my behalf, waive and release First Mile, LLC, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, and the Town of Bethlehem, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

(Parent or guardian if under 18)

Race #