



**Great Falls, Montana, Sunday, September 10<sup>th</sup>, 2017**

**About the event**

My Best Day 5k and Kids Dash is a fundraiser for the Jake Arntson Memorial Fund. Please join us as we celebrate the memory of a boy that was a light to not only his family, but everyone that knew him. All monies raised will go to the Jake Arntson Memorial Fund/GFPS Foundation, which in turn will be used to fund The Jake Arntson Teammate of the Year Scholarships. These scholarships will be awarded to three student-athletes at C.M. Russell High School that best demonstrate the qualities of an exceptional teammate.

**Schedule of Events**

- 1:30 to 2:45 Registration/Packet Pick-up
- 2:45 to 2:55 National Anthem and America the Beautiful
- 2:55 to 3:05 Warm-ups
- 3:05 to 4:00 5K Race
- 4:00 to 4:15 Kids Dash
- 4:30 to 6:30 Alleged Red Concert and Food/Beverages at The Front.

**Packet Pick-up**

Participants will have two options for packet pick-up: Saturday 5:00 to 7:00 pm at The Front and Sunday from 1:30 to 2:45 pm at The Front, 201 3<sup>rd</sup> Street Northwest, Great Falls, MT.

**My Best Day Course**

Participants will gather on the River's Edge Trail behind The Front/Staybridge Inn & Suites and run towards the federal courthouse. You will take a left onto the Central Avenue West walking bridge. At the end of the bridge, take a left onto the River's Edge Trail. You will continue on the trail until you cross River Road at the designated area, which will be manned. You will continue towards the skate park to enter Gibson Park. You will take a right once you enter Gibson Park to run the big loop around the park.

Then exit Gibson Park and head back the way you came. There will be a water/aid station half-way through the course.

**Kids Dash**

The kids will have an opportunity to show their stuff. At the finish line of the 5k, there is a course set up for the kids to run. There will be two races: one lap or two laps. Of course, kids are welcome to participate in either one or both. Parents and fans will be able to stand in the center of the course and cheer them on.

**Make Checks Payable to GFPS Foundation. Mail to A & F, P.O. Box 3008, GF, MT 59403 or hand deliver to Access Fitness**

Questions contact: Jason at 406-855-5112 or [jbliss@spfenergy.com](mailto:jbliss@spfenergy.com) Joanie Agamenoni at 406-781-7739 or [joanie.agamenoni@gmail.com](mailto:joanie.agamenoni@gmail.com)

**My Best Day 5k and Kids Dash Registration Form**

<b>NAME:</b>	<b>DATE OF BIRTH:</b>
<b>STREET ADDRESS:</b>	<b>EMAIL ADDRESS/PHONE NUMBER</b>
<b>METHOD OF PAYMENT/AMOUNT</b>	<b>EMERGENCY CONTACT AND NUMBER</b>

**Event:**

- 5k Run/Walk Adult- \$25
- 5k Run/Walk Student (18 and under)- \$20
- ¼ Mile Kid's Dash- \$15     ½ Mile Kid's Dash - \$15

**Additional Donation?** \$ \_\_\_\_\_

**Waiver and Release**

I know that participating in an organized athletic event is potentially hazardous, and that I should not enter to participate unless I am medically able and properly trained. I hereby assume the risks of participating in this event. I certify that I am physically fit and that I have sufficiently trained. I agree to abide by the competitive rules. I hereby take the following action for myself, my executors, administrators, heirs, next to kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I hereby waive, release and discharge from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation in this event. I agree not to sue, and to hold harmless GFPS, Arntson family or any and all persons, sponsors, landlords (members and affiliates), advisors, lenders, property managers, tenants, volunteers, participants or government agencies for any and all claims or liabilities that I have waived, released or discharges herein. I know I will receive emails from ENTRY FEES ARE NON-REFUNDABLE & NON TRANSFERABLE. I have read and agree to the above waiver and release for the 5K and Kid's Dash

Signature: \_\_\_\_\_

**MAIL BY AUGUST 25<sup>TH</sup> TO ENSURE T-SHIRT.**

**Circle one:**

- Adult S    Adult M    Adult L    Adult XL    Adult XXL**
- Child S    Child M    Child L**

