



Great Falls, Montana, Sunday, September 9th, 2018

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 CMR and three GFHS student-athletes 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
- 4:00 to 6:00 Music/Food/Beverages at Big Mouth BBQ/The Front.

Packet Pick-up

Participants will have two options for packet pick-up:
 Saturday, September 8th at 5:00 to 7:00 pm
 Sunday, September 9th at 1:30 to 2:45 pm
 at Big Mouth BBQ/The Front
 201 3rd Street Northwest, Great Falls, MT.

My Best Day Course

Participants will gather on the River's Edge Trail behind the Staybridge Inn & Suites and run towards the federal courthouse. 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. Continue on the trail until you cross River Road at the designated area, which will be manned. Continue towards the skate park to enter Gibson Park. When you enter Gibson Park, turn right to run the big loop around the park. Exit Gibson Park and head back the way you came.

Kids' Dash

The kids will have an opportunity to show their stuff. At the finish line of the 5k, there will be two races: one lap or two laps. 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 deliver to Access Fitness

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

My Best Day 5k and Kids' Dash Registration Form

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

Event:

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

MAIL BY AUGUST 24TH TO ENSURE T-SHIRT.

Circle one:

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

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. 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: _____

