

SECOND ANNUAL
Run It Forward, Bridge 2 Bridge

5K, 1-Mile & Kiddie Run Events

Saturday, June 19, 2010

Registration 8 a.m. • Races begin 9 a.m.

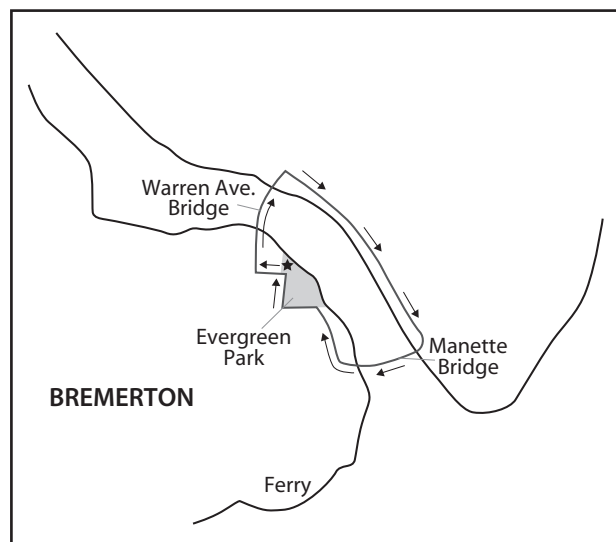
Evergreen Park

1400 Park Avenue, Bremerton, WA

A U.S.A. Track & Field Sanctioned Event

**100% of Race Proceeds Will Benefit
BREMERTON HIGH SCHOOL
PAY IT FORWARD SCHOLARSHIP**

Since 2008, BHS PIFS has provided \$10,000 college scholarships to BHS grads who: have GPA's of 2.5 or above, are among the first in their family to attend college, come from a low income family and are willing to Pay It Forward, as in the book or movie, by doing three significant good deeds for those in our community before they graduate from college.



5K Course Map

Directions to Evergreen Park:

Directly from the Bremerton/Seattle ferry, follow Washington Ave. along waterfront approx. 8 blocks. Washington Ave. curves left and becomes 11th St. Go west on 11th 6 blocks. Turn right on Park Ave. 4 blocks. Evergreen Park is on the right.

Times:

8:00 a.m. Day of Race Registration, Pre-registration packet pick up

9:00 a.m. 5K and 1-mile races begin
Kiddie races (10 & under) begin after 9:30 a.m.

Awards ceremony begins immediately after all courses are cleared. Awards presented for 1st - 3rd in 5K as well as overall male and female and one team award; 1st - 3rd place ribbons for 1-mile; ribbons for kiddie race finishers.

For 5K, any three people can form a team & runners are eligible for individual awards as well as the team awards.

Course:

All races begin and end at Evergreen Park. The 5K course goes north from Park, across Warren Ave. Bridge, east to Manette Bridge, south on Manette Bridge and west back to Park. The 1-mile course goes through the neighborhood around the Park. Kiddie races vary in distance according to age and are for kids 10 and under.

First Aid/Water:

Water and first aid station available at the start/finish areas in the Park. Additional water station along the 5K course is sponsored by Boat Shed restaurant.

Pre-Registration by June 5, 2010: 5K - \$15 • 1-mile - \$10 • Kiddie Race - \$3

Forms and fees *must be received* by 6/5. T-shirts available for additional \$8 each.

Day of Race Registration: 5K - \$19 • 1-mile - \$13 • Kiddie Race - \$4

Some T-shirts may be available for \$10 on Day of Race.

➡ SPECIAL DRAWING ⬅

This year there will be a special drawing for participants who send or bring in \$100 or more in donations or pledges to help fund our scholarships. These donations must be received by 9 a.m. Day of Race to be eligible for drawing. Winners must be present to win.

BHS PIF SCHOLARSHIP "RUN IT FORWARD, BRIDGE 2 BRIDGE" REGISTRATION

NAME _____ PHONE _____

ADDRESS _____ EMAIL _____

CITY & STATE _____ TEAM NAME _____

Male Female **T-SHIRT SIZES:** (circle desired sizes) **CHILD's** S M L • **ADULT's** S M L XL XXL

5K Division	1-Mile Division	Kiddie Races
<input type="checkbox"/> 14 & under <input type="checkbox"/> 40-49 <input type="checkbox"/> 15-17 <input type="checkbox"/> 50-59 <input type="checkbox"/> 18-29 <input type="checkbox"/> 60-69 <input type="checkbox"/> 30-39 <input type="checkbox"/> 70 & Up	<input type="checkbox"/> 10 & under <input type="checkbox"/> 18-29 <input type="checkbox"/> 50-59 <input type="checkbox"/> 11-13 <input type="checkbox"/> 30-39 <input type="checkbox"/> 60-69 <input type="checkbox"/> 14-17 <input type="checkbox"/> 40-49 <input type="checkbox"/> 70 & Up	<input type="checkbox"/> 4 & under <input type="checkbox"/> 7-8 <input type="checkbox"/> 5-6 <input type="checkbox"/> 9-10

<input type="checkbox"/> 5K - \$15 (\$19 Day of Race) <input type="checkbox"/> 1-Mile - \$10 (\$13 Day of Race) <input type="checkbox"/> Kiddie Race - \$3 (\$4 Day of Race) <input type="checkbox"/> T-Shirt - \$8 each (\$10 each Day of Race)	RACE FEES _____ + T-SHIRT(s) _____ _____ TOTAL ENCL. _____
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Please make checks payable to BHS PIFS; PO Box 5317, Bremerton, WA 98312

PRE-REGISTRATION FORMS AND FEES MUST BE RECEIVED PRIOR TO 6/5/2010 **ENTRY FEES ARE NON-REFUNDABLE**

PLEASE NOTE: NO DOGS ALLOWED ON COURSES; TERRAIN OF 5K RACE NOT SUITABLE FOR STROLLERS OR WHEELCHAIRS

WAIVER & RELEASE: In consideration of your accepting my entry, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby release and discharge BHS Pay It Forward Scholarship and any and all participating supporters, directors, employees and agents of such parties for all claims arising or resulting from my travel to, participation in, and returning from said run. I attest and verify that I have full knowledge of the risks involved in the run, that I will assume those risks, and that I will assume and pay for my own emergency expenses in the event of accident, illness, or other incapacity regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained prior to the run. I also understand that any sponsors may use my name and/or photos of me participating in this event for publicity of the Run It Forward, Bridge 2 Bridge, without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature.

Signature of Participant

Signature of Parent/Legal Guardian (If Participant is under 18)

