



Arco Atomic Days
“BLAST OFF!” Fun Run/Walk
Saturday, July 20th, 2019
7:30 A.M.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

TELEPHONE # _____ Email address _____

MALE: _____ FEMALE: _____ AGE: _____

SIZE OF SHIRTS:

MEN’S: S: _____ M: _____ L: _____ XL: _____

KID’S: S: _____ M: _____ L: _____

WOMEN’S: S: _____ M: _____ L: _____ XL: _____

EVENT: 5K RUN: _____ 10K RUN: _____ 5K WALK: _____ KID’S MILE: _____

\$ _____ AMOUNT ENCLOSED



To guarantee your shirt size, we must receive your registration by July 5th. After that date, shirts will be given on a first come, first serve basis. We cannot guarantee sizes.

I understand that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am physically 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 assume all risks associated with running, walking in this event including but not limited to falls, contact with other participants, effects of heat and weather, traffic, and conditions of the race course. I have read and understand this waiver and knowing these facts and in consideration of your accepting my entry, I (for myself and anyone entitled to act on my behalf) waive and release the sponsors, the City of Arco, the Atomic Days “Blast Off!” Fun Run/Walk committee, and all their representatives and successors from all claims or liabilities of any kind arising from my participation in this event.

I have read and agree to the terms and conditions above,

Participant’s Signature

(Signature of Participant or Parent or Guardian if under 18 years old)

ENTRY FEES:

\$20.00 - Pre-registration

\$25.00 - Day of Race Registration

All participants will receive a T-shirt

Late Registration (day of race), from 6:30 a.m. - 7:15 a.m.

Register online @ www.atomicdaysfunrun.com

Make checks payable to: **ATOMIC DAYS “BLAST OFF!” FUN RUN**

For more information contact:

Richard Hansen (527-8984)

Lane or Helen Hansen (527-3494), email: valinsent@atcnet.net

Find us at the website listed above or facebook @ www.facebook.com/AtomicDaysBlastoffFunRun

All proceeds benefit the
BHS Track & Field,
and X-Country programs.

Mail To:

“Blast Off!” Fun Run
c/o Richard Hansen
PO Box 304
Arco, ID 83213

“BLAST OFF!” FUN RUN DIVISIONS

5K:			10K:		
13-18	19-29	30-39	3-18	19-29	30-39
40-49	50-59	60-up	40-49	50-59	60-up

Medals will be awarded to the 1st, 2nd, and 3rd place men and women finishers in each division.

5K WALK - MEN AND WOMEN

No Age Divisions

Medals will be awarded to the top three men and top three women walkers.

The 5K run, 5K walk, and 10K run courses include some paved roads and some gravel roads. The starting place for each race will be the Bottolfsen Park parking area.

KID’S MILE

Age 12 and Under

Children 12 and under may participate in a 1 mile run and/or walk. Kid’s Mile participants will receive a T-shirt, a certificate of completion, and a free softie. The course is paved, and will begin and end at the Bottolfsen Park. **(Medals are given for the kid’s mile.)**

Atomic Days “Blast Off!” Fun Run

