

THIS RACE WILL BE CHIP TIMED | WWW.GOPHERSTATEEVENTS.COM

BE KIND 5K Run/Walk for Suicide Prevention

Saturday, September 22, 2018

5K starts at 9:00 a.m.



The BE KIND Suicide Prevention Awareness 5K Run/Walk is an event created to advocate, educate, and bring awareness to the crisis of suicide, as well as, to offer support to the survivors that are left behind.

JOIN US: Come together with friends and families of those loved ones lost and help us break the stigma around suicide, depression and mental illness.

The 2018 BE KIND 5K is sponsored by The Hunter James Nordlof BE KIND Foundation. Proceeds from the 5K will go to the above 501(c)3 non-profit foundation whose mission is to provide public awareness and education on suicide prevention and to inspire compassion through kindness.

5K Run/Walk registration and racer bib pick-up begins at 7:30 a.m. on Saturday, September 22, 2018 at the **Baudette Depot** on Main Avenue.

Trophies awarded for first place male and female finishers. Medals awarded for top three in each of seven age groups. ****T-shirts are guaranteed to racers who are pre-registered by Friday, September 7**** Extra shirts will not be ordered, race fee will be the same with or without a shirt.

CHILD PARTICIPANTS:

If a child is in a stroller, no entry fee is required. All participants, including children, who are walking or running in the race, are required to pay the entry fee. Bicycles and rollerblades are not permitted on the race route.

5K ENTRY FEE: \$25 (no refunds unless race is cancelled. The entry fee includes a t-shirt if pre-registered and postmarked by Friday, September 7, 2018.)

Questions may be directed to: Jennifer Nordlof at **218-464-2930** or hjnbekind@gmail.com and/or Dyana Fish at **218-452-0962** or runnerklubes26@gmail.com

Online registration is available for \$26.50 at www.hjnbekind.org starting July 16, 2018.

MAIL CHECKS PAYABLE TO: The Hunter James Nordlof BE KIND Foundation
P.O. Box 958
Baudette, MN 56623

**BE KIND 5K
Sept 22, 2018**

Name: _____

Address: _____

City: _____ State/Prov: _____ Zip/Postal Code: _____

Phone: () _____ Age Race Day: _____ Gender: _____

Email: _____

Circle T-shirt Size:

Youth Medium – Adult Small – Adult Medium – Adult Large – Adult XL – Adult 2XL

I am entering this event at my own risk and assume all responsibility for injuries I may incur as a direct or indirect result of my participation in the event. I also agree not to hold any and all participating sponsors or directors responsible for any claims. I verify I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this 3.1-mile run/walk. I hereby authorize photographs taken of me at this event, and my name for use in the printed publications and online media.

SIGNATURE _____ DATE _____

SIGNATURE of parent/guardian (if under 18) _____

Come out and support the cause while enjoying a walk with family, friends and neighbors.