

PRIZES

Top Overall Adult

The top three overall finishers for men and for women receive trophies and win \$1,000, \$500 and \$250, respectively.

Each Age Group/Team Challenge

The top winner in each adult age group receives \$50. There is a trophy for the 1st and 2nd place winner in each age group and the team challenge.

If you are ineligible for a cash prize, or if you choose to donate your prize, the money will go to the BK 5K Youth Fund and you will receive a commemorative certificate to acknowledge your generosity.

Photo ID required to claim prize money

Personal Record

There is also a personalized trophy for each person that achieves a personal record in the race. While there are awards for finishing first, in this race you are also competing against yourself. You state your personal record (PR) time and try to beat it. If you are a runner over age 40, your PR is adjusted for your age. A race day trophy goes to each participant beating his or her PR (PR must be provided in registration). If you are age 40 or younger and know your PR, enter that value in the registration form. If you are age 40 or younger and don't know your PR, enter 25 minutes if you are male and running, or 30 minutes if you are female and running, or 40 minutes if you are walking. If you are age 40 or older, do the same thing but add 25 seconds to your PR for each year over age 40.

WEBSITES

This event is also listed on the following websites:

| | |
|-------------------|-------------------------|
| bk5k.com | winonasteamboatdays.com |
| runningtimes.com | raceberryjam.com |
| active.com | silentsports.net |
| midwestevents.com | |

PAYMENT & REGISTRATION

Make checks payable to: BK 5K Youth Fund

Mail or drop off registration with payment at:

Fastenal Company
c/o BK 5K Race
2001 Theurer Blvd.
Winona, MN 55987



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FASTENAL®

Place
Stamp
Here



10th Annual Race

Saturday, June 19th, 2010

9:00 AM

Lake Park — Winona, MN



bk5k.com

Supporting Winona's Youth!

GENERAL INFORMATION

Date: Saturday, June 19th, 2010

Start Time: 9:00 AM

Start Time (Youth 1/2 Mile Race): 10:00 AM (10 and younger)

Location: Lake Park Lodge, Winona, MN

Entry Fees: \$15 Adults; \$18 after June 4th

\$5 Youth (11-18); \$8 after June 4th

FREE (10 and younger)

*No refunds.

*Pre-registration guarantees t-shirt race day.

PROCEEDS

The 10th annual BK 5K, 5 kilometer road race and walk, is contested to honor Bob Kierlin, founder of Fastenal Company and lifelong supporter of youth programs. This event is intended to provide a competitive road race for athletes of all abilities who desire to challenge themselves to pursue their best effort. All proceeds from the event will go to various Winona area youth organizations and programs who have demonstrated financial need. Funding grants will be evaluated for merit and dispersed by the BK 5K Youth Fund Award Committee in partnership with the Winona Community Foundation. Race winners will have the opportunity to donate their cash awards to Winona youth programs and receive a commemorative certificate.

AGE GROUPS

Each category for men and women:

| | | |
|----------------|-------|--------------|
| 10 and younger | 19-29 | 50-54 |
| 11-12 | 30-34 | 55-59 |
| 13-14 | 35-39 | 60-69 |
| 15-16 | 40-44 | 70 and older |
| 17-18 | 45-49 | |

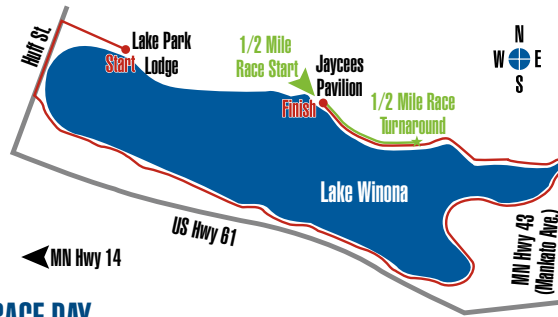
TEAM CHALLENGE

Register your team with as many participants as you want. Your team's score is determined by adding together the place of your top five finishers. You must have both men and women on your scoring team. The top five will be chosen to be your best team that satisfies that criterion. Lowest score wins. Ties are broken by the sixth runner.



COURSE INFORMATION

USATF Certified Course: Around East Lake Winona bike path.



RACE DAY

Packet Pickup and Final Registration: 7:30 - 8:30 AM,
Lake Park Lodge

Race Begins: 9:00 AM

Youth 1/2 Mile Race Registration: 9:15 AM, Jaycees Pavilion

Youth 1/2 Mile Race Begins: 10:00 AM

*No rollerblades, bikes, skateboards or pets allowed on race course.

*Awards ceremony shortly following the race at Jaycees Pavilion.

DIRECTIONS TO THE RACE

From Mpls/St. Paul: Hwy 10/US-61S. Follow US-61S into Winona, left onto Huff St., right at Lake Park Dr.

From Rochester: I-90E to Winona exit, follow MN-43 into Winona, Left onto US-61N, right onto Huff St., right at Lake Park Dr.

From La Crosse/Madison: I-90W to Winona exit, follow MN-14/US-61N, right onto Huff St., right at Lake Park Dr.

QUESTIONS? CALL OR EMAIL

Jeremy Johnson (Event Mgr.)

507-453-8366 (day)

507-689-0930 (night)

jejohnso@fastenal.com

John Marter (Pre-Registration Coordinator)

507-313-7043 (day)

507-454-5913 (night)

jmarter@fastenal.com

SPAGHETTI DINNER FUNDRAISER

When/Where: Friday, June 18th, 5:00 - 7:00 PM /
Lake Park Lodge

Cost: \$7 (Adults), \$5 (Ages 6 to 12), FREE (Kids 5 and younger)

Tickets: Available in advance at Hy-Vee or Midtown, or can be purchased at the door on the 18th

*Dinner hosted by Rock Solid. All proceeds given to Rock Solid.

REGISTRATION FORM

*Pre-registration forms must be postmarked no later than June 4th. Please include this form with your registration fee. Photocopies will be accepted.

Name: _____

Age on June 19th, 2010: _____

Address: _____

City, State, Zip: _____

Phone: _____

Circle one: Male / Female

Circle one: Run / Walk

Circle one: 5K / Youth 1/2 Mile Race (10 and younger)

5K Personal Record: _____ (PR is tracked only if provided)

Team Challenge Affiliation: none / _____

(register your team at the help desk the day of the race)

Circle one for t-shirt size: Adult / S M L XL XXL

Youth / S (6-8) M (10-12) L (14-16)

Where did you hear about this year's event?

Registration Flyer

Email Notice

bk5k.com

raceberryjam.com

midwestevents.com

winonasteamboatdays.com

runningtimes.com

silentsports.net

Friend/Family

Radio

Newspaper

Facebook

WAIVER OF LIABILITY: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my Heirs, Executors and Administrators, do hereby release any and all sponsors of the race, their representatives, successors, and assigns, the Race Committee and its members, the City of Winona and its employees, and volunteers from any and all liability arising from illness or injuries. I am fit and have sufficiently trained for the competition of this race. I also understand that although police protection is provided, there may be traffic on the course route; I assume the risk of running in traffic. I have read the foregoing and certify my agreement by my signature below.

I also grant to the Released Parties the right and permission to copyright and/or publish, reproduce or otherwise use my name, voice and likeness and/or written material, photographs, motion pictures, and audio-visual, magnetic recordings about me as a result of or in connection with my participation in the BK 5K Road Race. I agree to relinquish all rights, title, and interest I may have in the finished product or the advertising copy that may be used in connection therewith, and waive all rights to payment or compensation therefore.

Signature: _____

Parent or Guardian (if under 18): _____

Enter your email address to receive BK 5K announcements.
email address: _____

