

PERSONAL RECORD

There is an award 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 older than age 40, your PR is adjusted for your age. A race day award 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. Go to bk5k.com to calculate your adjusted PR.

Personal Record Calculation Example:

Examples	Age					
Situation	40 and Younger	41	42	43	44	45
PR is 18:54	18:54	19:19	19:44	20:09	20:34	20:59
Woman, running, unknown PR	30 minutes	30:25	30:50	31:15	31:40	32:05
Man, running, unknown PR	25 minutes	25:25	25:50	26:15	26:40	27:05
Walking, unknown PR	40 minutes	40:25	40:50	41:15	41:40	42:05



QUESTIONS? CALL OR EMAIL

Jeremy Johnson
(Race Director)

507-453-8366 (day)
507-459-3231 (night)
jejohnso@fastenal.com

John Marter

(Pre-Registration Coordinator)
507-313-7043 (day)
507-454-5913 (night)
jmarter@fastenal.com

Place
Stamp
Here

FASTENAL®

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



14TH ANNUAL RACE

Saturday, June 14TH, 2014

9:00 AM

Lake Park – Winona, MN



YOUTH 1K RACE

WINONA STEAMBOAT DAYS



SUPPORTING WINONA'S YOUTH!

INVITE A FRIEND



bk5k.com

OVERVIEW

The BK 5K Road Race is contested to honor Bob Kierlin, founder of Fastenal and lifelong supporter of youth programs. All proceeds go to various Winona area youth organizations/programs demonstrating 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 have the opportunity to donate their cash awards to Winona youth programs and receive a commemorative certificate.

GENERAL INFORMATION

Pre-registration ends May 27th

Pre-registration guarantees race day shirt.

5K Race

Date & Time: Saturday, June 14th, 9:00 AM

Location: Lake Park Lodge, Winona, MN

Packet Pickup & Race Day Registration: Lake Park Lodge, 7:30-8:30 AM

Youth 1K Race (available to 10 and younger only)

Date & Time: Saturday, June 14th, 10:15AM

Location: Jaycees Pavilion, Winona, MN

Packet Pickup & Race Day Registration: Lake Park Lodge, 7:30-8:30 AM

or Jaycees Pavilion, 9:15-9:45 AM

PRE-REGISTRATION EARLY PACKET PICK UP

Pre-registration pick up is available Friday, June 13th from 4:30 to 7:00pm at Lake Park Lodge, Winona, MN.

5K AGE GROUPS

Each category for men and women:

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

1K AGE GROUPS

Each category for boys and girls:

4 and younger
5-6
7-8
9-10

TEAM CHALLENGE

Register your team with as many participants as you want. Your team's score is determined by adding together the place within the gender division of your five best finishers. Lowest score wins. Ties are broken by the sixth runner, if possible.

PRIZES

Top Overall 5K

The top three overall finishers for men and for women receive an award and win \$500, \$400 and \$300, respectively.

Each Age Group/Team Challenge

The first and second place finishers in each 5K age group 19+ receive \$50 and \$25, respectively. There is an award for the 1st, 2nd and 3rd place finisher 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

**Children in strollers are not eligible for prize

Personal Record

Each person beating a personal record will receive an award. See back section for PR information.

COURSE INFORMATION

USATF Certified Course: Around East Lake Winona bike path.



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

**Awards ceremony shortly following the race at Jaycees Pavilion.

RACE LOCATION

5K Race Start: Lake Park Lodge
80 W. Lake Blvd., Winona, MN 55987

1K Race Start: Jaycees Pavilion
head East about a half mile from
Lake Park Lodge on Lake Blvd.

Weather Cancellation Note:

Inclement weather may delay 5K until no later than 10am



REGISTRATION FORM

Pre-registration forms must be postmarked no later than May 27th. Please include this form with your registration fee. Photocopies will be accepted. Please make checks payable to *BK 5K Youth Fund*.
**No refunds.

Mail to:

Fastenal
C/O BK 5K Road Race
2001 Theurer Blvd
Winona, MN 55987

Name: _____

Age on June 14th, 2014: _____

Address: _____

City, State, Zip: _____

Phone: _____

Race Info:

Circle one: Male / Female **Circle one:** Run / Walk

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

Registration Fee:

Adult (19+ years) \$17 till May 27th / \$20 after May 27th
Youth (11-18 years) \$7 till May 27th / \$10 after May 27th
Youth (10 and younger) FREE

5K T-Shirt:

Adult Size: ☐S ☐M ☐L ☐XL ☐XXL
Youth Size: ☐S(6-8) ☐M(10-12) ☐L(12-14)

1K T-Shirt:

Adult Size: ☐S ☐M
Youth Size: ☐S(6-8) ☐M(10-12) ☐L(12-14)

If you wish to compete against yourself to win an award for beating your 5K Personal Record (PR), please provide your PR here: _____

Review the PR section of this brochure or check out bk5k.com to calculate your PR. Be sure to consider adjustments for age or if this is your first 5K.

Team Challenge Affiliation: none / _____

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): _____

Email Address for Announcements: _____

