

5th Annual Black Bear 5k Run

Saturday, July 2, 2016 Benham, KY

This is a fundraiser for the Harlan County High School Cross Country and Track programs.

Course description: You are cordially invited to the new and improved Black Bear 5K Run/Walk. The date and location have changed. This year's race, scheduled for Independence Day weekend, will move to the Looney Creek trail a converted rail bed running through the heart of Benham into Cumberland. Runners will begin at Coal Miners Memorial Park in Benham, continue to Cumberland Elementary School, and then return to the park. The course is relatively flat and should provide an opportunity for a new PR!

Registration & fees Pre-Registered \$20.00 by June 17, 2016 after June 17 registration will be \$25.00 Registration begins at 10:00 am., Adult race begins after kids race and kids race begins at 11:00

T shirts: All who pre-register by June 17 will be guaranteed a shirt

Awards: Categories for Runners & Walkers are the same

\$50 cash prize 1st place for men & women for those who are eligible

Ages 13-29, 30-49, 50+

Medallions will given for top three best times for each category in men's and women's and one overall trophy for men and one overall trophy for women will be given.



Kids Red, White & Blue Run
Runners will be sprayed with color!

Pre-registration is \$8.00 until June 17 or cost will be \$10.00 after June 17.

Age groups are as follows: 12 & under

SPONSORS

Lindsey Wilson College

Roddy Trucking

Cash 5K Main Street Clinic Ronald C. Cox Attorney Quantum Healthcare

Register at tricitychamber@windstream.net, 606-589-5812 or active.com

Name: _____

Last: _____ First: _____

Sex (circle one): Male Female

Age (as of 05/10/2014): _____ Birth date: m. _____ d. _____ y. _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (_____) _____ - _____

Email Address: _____

In case of emergency, call: _____ phone: _____

Estimated Finish Time: _____

T Shirt Information

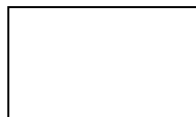
Early Bird registrations will be guaranteed a T shirt, otherwise first come first serve.

Adult Size

Youth Size



tricitychamber@windstream.net



Fill out completely with entry fee payable to:

**Cumberland Tourist Commission
506 W. Main St., Cumberland, KY. 40823 606-589-5812**

We reserve the right to disqualify anyone who exhibits poor conduct or is abusive toward volunteers. Use of headsets or earphones is discouraged. No Refunds.

ATHLETE'S RELEASE PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

I know that running in races are potentially hazardous activities. I should not enter and run in the **Black Bear 5K Run** unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, wildlife encounters, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release **The Kentucky Black Bear Festival, City of Benham, City of Cumberland, any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.** I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature (If under 18, parent's signature)

Date