

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					
	40 and Younger	41	42	43	44	45
PR is 18:14	18:14	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

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

Place
Stamp
Here

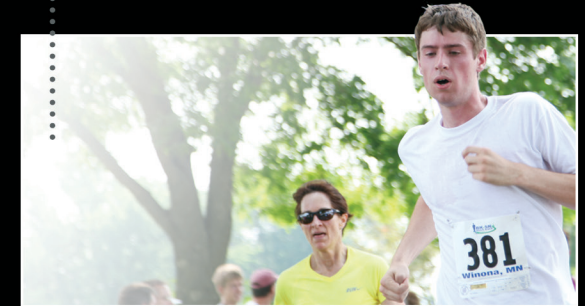


12TH ANNUAL RACE

Saturday, June 16th, 2012

9:00 AM

Lake Park – Winona, MN



YOUTH HALF MILE RACE



WINONA STEAMBOAT DAYS



SUPPORTING WINONA'S YOUTH!

INVITE A FRIEND



bk5k.com

GENERAL INFORMATION

Pre-registration ends June 1st

Pre-registration guarantees race day gift.

5K Race

Date & Time: Saturday, June 16th, 9:00 AM

Location: Lake Park Lodge, Winona, MN

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

Youth 1/2 Mile Race (available to 10 and younger only)

Date & Start Time: Saturday, June 16th, 10:00 AM

Race Day Registration Location & Time: Jaycees Pavilion, 9:15-9:45 AM

PRE-REGISTRATION PACKET PICK UP

Pre-registration pick up is available Thursday, June 14th from 8 AM to 5 PM at the Fastenal Corporate building (front desk) – 2001 Theurer Blvd., Winona, MN.

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.

5K 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	

PRIZES

Top Overall Adult

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

Each Age Group/Team Challenge

The top finisher in each adult age group receives \$50. 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

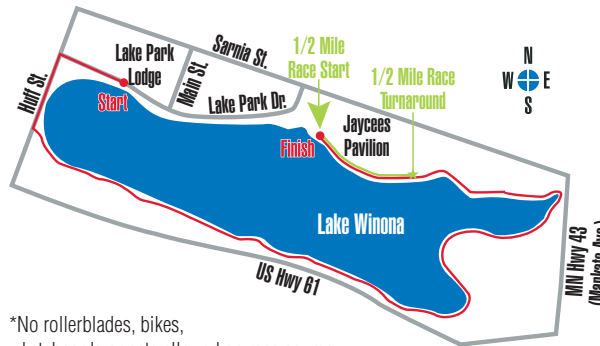
Each person beating a personal record will receive an award. See back section for PR information.

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.



*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: US-61S into Winona, left onto Huff St., right at Sarnia, right at Main St., left onto E. Lake Park Dr.

From Rochester: I-90E to Winona exit, MN-43, left at light, left onto US-61N, right onto Huff St., right at Sarnia, right at Main St., left onto E. Lake Park Dr.

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

REGISTRATION FORM

Pre-registration forms must be postmarked no later than June 1st. 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 16th, 2012: _____

Address: _____

City, State, Zip: _____

Phone: _____

Race Info:

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

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

If you wish to compete against yourself to win a trophy 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 / _____

Race Shirts and Fees** (please circle one):

Adult Cotton Tee: S M L XL XXL	\$17 pre-registration/ \$19 after June 1st
Adult Moisture Wicking Tee: S M L XL XXL	\$20 pre-registration option only
Youth (11-18) Cotton Tee: S M L XL XXL	\$7 pre-registration/ \$10 after June 1st
Youth (10 and younger) Cotton Tee: S (6-8) M (10-12) L (12-14)	Free

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 Announcement: _____

