



# Kootenai River Run

5 K and 10 K

Bonnars Ferry, Idaho

**Date:** Saturday, July 20, 8:00 AM

**Course:** 5k (3.1 miles) and 10k (6.2 miles) brings you in and around the city of Bonners Ferry. Both courses start and finish at the fairgrounds, just 4 blocks west of town.

**Cost:** \$30 (\$40 Canadian) with T-shirt, \$15 (\$20 Canadian) without T-shirt. Net proceeds will be used to provide deserving local student runners with college scholarships.

**Entry Deadline:** Entries will be accepted on the morning of the race with no late fee. To assure receipt of a T-shirt, your entry must be received by no later than June 30, 2024.

**Registration:** At the Boundary County Fairgrounds parking lot from 6:30—7:45 am.

**Aid Stations:** At finish line, near the 1 & 2 mile points for 5k runners & near the 1, 2, 4, & 5 mile points for 10k runners.

**Awards:** Trophies will be presented to overall male & female winners in each race. Ribbons will be given to the top 3 finishers in the following male and female age groups:

0-11 yrs, 12-15 yrs, 16-19 yrs, 20-29 yrs, 30-39 yrs, 40-49 yrs, 50-59 yrs, 60-69 yrs, 70+ yrs

**Door Prizes:** Drawings for door prizes will be held during the awards ceremony. Grand prize: \$125 gift certificate toward the purchase of a new pair of running shoes or other athletic equipment.

**Shirts:** Preregistered race finishers will receive a performance T-shirt unless the no-shirt option was chosen. A limited number of extra shirts may be available on race day. To assure availability of your size, your entry form must be received by June 30, 2024.

**Teams:** The Kootenai River Run has added a team category for the 5K run. Winners will be determined by The combined times of the five team members. Declare your team affiliation on race day.

**Contacts:** Call 208-290-7039 or 208-304-8161.

**Email:** [lyndsayhart2002@yahoo.com](mailto:lyndsayhart2002@yahoo.com) or [bonnersbonn@gmail.com](mailto:bonnersbonn@gmail.com)

**Website:** [www.kootenairiverrun.com](http://www.kootenairiverrun.com)

## Kootenai River Run Entry Form

For convenient online registration go to [www.raceentry.com](http://www.raceentry.com).

or send completed form and check or money order to:

Kootenai River Run  
c/o Jenni Dougherty  
P.O. Box 411  
Bonners Ferry, ID 83805

Please make checks payable to **Kootenai River Run**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Gender \_\_\_\_ Age on race day \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Email address \_\_\_\_\_

Race Entered 5k \_\_\_\_\_ 10k \_\_\_\_\_

Where did you learn of our run? \_\_\_\_\_

**Shirt Size    S    M    L    XL    XXL    No Shirt    (please circle your choice)**

**Waiver:** I know that running a road race is a potentially hazardous activity. I also know that, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, and the condition of the roads. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Kootenai River Run, race officials, volunteers, and all sponsors, including their agents, employees, assigns of anyone acting for or on their behalf, from all claims of liability for death, personal injury, or property damage of any kind arising out of my participation in this event.

**Applications for minors will be accepted only with a parent's or guardian's signature.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if runner is under 18 \_\_\_\_\_

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