



Great Falls, Montana, Sunday, September 10th, 2023

About the event

My Best Day 5k and Kids Dash is a fundraiser for the Jake Arntson Memorial Fund. Please join us as we celebrate the life and memory of Jake, as well as other local children and adults that have left us too soon. As we honor these families with their loved ones on Angel Avenue, we are raising funds for the Jake Arntson Teammate of the Year Scholarships. These scholarships are awarded to CMR, GFHS, and GF Central student-athletes that have displayed the qualities of being the best teammate.

Schedule of Events

- 11:30 to 12:45 Registration/Packet Pick-up at West Bank Park on River's Edge Trail (Branch Brady Statue)
- 12:45 to 12:55 National Anthem and America the Beautiful
- 12:55 to 1:00 Warm-ups
- 1:00 to 1:30 Kids Dash **CHANCE TO WIN A NEW BIKE**
- 1:30 to 1:40 Walk down Angel Avenue to start of 5K Race
- 1:40 to 3:00 5K Race

Make Checks Payable to GFPS Foundation or Great Falls Central Catholic High School. Mail to A & F, P.O. Box 3008, GF, MT 59403 or go to www.Jake9.com to register online.

Questions contact:
 Jason at 406-855-5112 or jbliss@spfenergy.com
 Joanie Agamenoni at 406-781-7739 or joanie.agamenoni@gmail.com

Kids Dash

The kids will have an opportunity to show their stuff. The starting line will be at West Bank Park by the Branch Brady statue. There will be two races: one lap (1/4 mile) or two laps (1/2 mile). Kids are welcome to participate in either one or both. The winners (one boy and one girl) of the 1/2 mile race will win a bike donated by Walmart.

My Best Day Course

All on River's Edge Trail, loop around the river. Participants will stage at the finish line of the Kids' Dash by the Branch Brady statue and walk down Angel Avenue to the starting line at the Federal Courthouse. You will cross over the Central Avenue walking bridge. At the end of the bridge, take a left onto River's Edge Trail heading towards Gibson Park. You will cross River Road at the designated spot, which will be manned. At the skate park, you will continue on the trail towards 9th Street Bridge, cross the 9th Street Bridge and turn left to continue on the trail towards the finish line at West Bank Park. Water/aid station at the half-way point.

My Best Day 5k and Kids Dash Registration Form

or visit www.Jake9.com to register online

NAME:	DATE OF BIRTH:
STREET ADDRESS:	EMAIL ADDRESS/PHONE NUMBER
METHOD OF PAYMENT/AMOUNT	EMERGENCY CONTACT AND NUMBER

Event:

- 5k Run/Walk Adult- \$25
- 5k Run/Walk Student (18 and under)- \$20
- ¼ and/or ½ Mile Kids Dash- \$15
- Additional Donation \$ _____

MAIL BY AUGUST 25TH TO ENSURE T-SHIRT.

Circle one:

- Adult S Adult M Adult L Adult XL Adult XXL
- Youth S Youth M Youth L

Waiver and Release

I know that participating in an organized athletic event is potentially hazardous, and that I should not enter to participate unless I am medically able and properly trained. I hereby assume the risks of participating in this event. I certify that I am physically fit and that I have sufficiently trained. I agree to abide by the competitive rules. I hereby take the following action for myself, my executors, administrators, heirs, next to kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I hereby waive, release and discharge from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation in this event. I agree not to sue, and to hold harmless GFPS, GFPSF, GFCCHS, Arntson family or any and all persons, sponsors, landlords (members and affiliates), advisors, lenders, property managers, tenants, volunteers, participants or government agencies for any and all claims or liabilities that I have waived, released or discharges herein. ENTRY FEES ARE NON-REFUNDABLE & NON-TRANSFERABLE

I have read and agree to the above waiver and release for the 5K and Kids Dash

Signature: _____

