

2019 BIHS/NAMI-BI 5k Beach Run/Walk

WHEN: Sunday, August 4th

START: 10:30 AM

COURSE DESCRIPTION: The BI Health Service and the National Alliance on Mental Illness-BI are cosponsoring a 3.2 mile/5k (not officially measured, closer to 3.1) run or walk on the most beautiful beach on Block Island. One water stop is provided at the half way mark at the end of Mansion Beach (also the turnaround point). Fresh fruit and beverages will be provided at the finish.

REGISTRATION: You can register online at RunSignup. *Online registration closes on July 28th. Mailed registration must be postmarked prior to July 25th.* Registration is \$25 prior to race day and \$30 on race day. T-shirt guaranteed to all pre registered participants. Sorry we do not mail T-shirts. The start, finish, and check in are located at the Fred Benson Beach Pavilion - a 10 minute walk north from the ferry dock. **RunSignup** **RunSignup** **RunSignup**
Check in starts at

9:30 AM.

PRIZE DIVISIONS: 1st, 2nd, & 3rd place Men's and Women's Overall for the run. 1st place only for Men's and Women's for the run: 12 and under; 13-17; 18-24; 25-29; 30-34; 35-39; 40-49; 50-59; 60-69; 70+. All children 12 and under receive an award.

INFORMATIONAL NUMBERS: Race Director: Jim Hinthorn (401) 862-3638, Block Island Chamber of Commerce: (401) 466-2474, Interstate Navigation: (401) 783-4613, New England Air Lines: (401) 466 5881.

Interstate Navigation Boat Schedule is available at www.blockislandferry.com

Race information is available at www.new-shoreham.com

2019 BIHS/NAMI-BI 5k Registration

Name: _____ Age: _____ M ___ F ___ DOB: _____
Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ Shirt Size: _____ Email: _____

Send registration and make checks payable to the BI Health Service, Box919 Block Island, RI, 02807

The signor expressly, without reservation, exempts and relieves the Town of New Shoreham, the Block Island Health Service, the National Alliance on Mental Illness-BI, the event director, event volunteers, and all parties associated with the BIHS/NAMI-BI 5k, from any liability for their negligence. I hereby relieve the above mentioned parties of any duty to me and I assume the entire risk of any injury that may occur from my involvement in the BIHS/NAMI-BI 5k. The signor, who hereby asserts that he/she is a medically and physically fit athlete able to participate in this event, fully understands the risks associated with participating in the BIHS/NAMI-BI 5k and voluntarily chooses to encounter and assume each and every risk.

* **Signature of Participant:** _____ **Date:** _____

* Participants under 18 yrs old require signature of Legal Guardian