

JB FIT CLUB HALF MARATHON BULL RUN & BIKE

JULY 20, 2019 -7AM- STANFORD, MT

Questions/Information, Contact: Connie Becker 390-4120
Mindy Claver 406-360-1106 or Billie Jo Holzer at 406-350-1072

Email : jbfitclub@yahoo.com
Web: www.jbfitclub.com



Individual Half Marathon

Run a scenic half marathon on county maintained gravel roads with the last mile paved. This is a fast and easy 13.1 miles with incredible views! There will be water stations along the way as well as one with icy towels **free** to participants. Belt buckles will be awarded to the top **male** and **female** half marathon runners. Cost is \$45 before June 24th or \$55 after.

Name: _____ **Email:** _____

Address: _____

Phone: _____ **Emergency Contact:** _____

Dry Wick Shirt Size: **Mens Sleeveless** XS S M L XL XXL **Womens Sleeveless** XS S M L XL XXL
Circle One Shirt Size.

Individual Bike Half Marathon-

Again this year, we offer a bike option for the half marathon. We will start the bike half marathoners first onto the race course. This is a fast and easy 13.1 miles of county maintained gravel roads with the last mile paved. There will be water stations along the way as well as one with icy towels **free** to participants if the weather is hot. Belt buckles will be awarded to the top bike half marathon finisher. Cost is \$45 before June 24th or \$55 after.

Name: _____ **Email:** _____

Address: _____

Phone: _____ **Emergency Contact:** _____

Dry Wick Shirt Size: **Mens Sleeveless** XS S M L XL XXL **Womens Sleeveless** XS S M L XL XXL
Circle One Shirt Size.

Run-Run Team

Form a team of 2 runners to complete the 13.1 miles. Leg 1 is 5.3 miles of gravel with easy rolling hills. Water station along the way and at exchange point. Leg 2 is 7.8 miles of gravel with last mile paved, downhill to flat terrain with water stations along the way. Cost is \$75 per team before June 24th or \$85 after. Belt buckles will be awarded to the top Run-Run Team to finish.

Runner 1: _____ **Email:** _____

Address: _____

Phone: _____ **Emergency Contact:** _____

Dry Wick Shirt Size: **Mens Sleeveless** XS S M L XL XXL **Womens Sleeveless** XS S M L XL XXL
Circle One Shirt Size.

Runner 2: _____ **Email:** _____

Address: _____

Phone: _____ **Emergency Contact:** _____

Dry Wick Shirt Size: **Mens Sleeveless** XS S M L XL XXL **Womens Sleeveless** XS S M L XL XXL
Circle One Shirt Size.

Run-Bike Team

Form a team with 1 runner and 1 biker to complete the 13.1 miles. First team member runs 5.3 miles of gravel with easy rolling hills. There will be at least one water station along the way. At the exchange point, bikers finish out 7.8 miles of gravel with last mile paved. Downhill to flat terrain with water stations along the way. All bikers **must** wear a helmet. Cost is \$75 per team before June 24th or \$85 after. Belt buckles will be awarded to the top Run-Bike Team to finish.

Runner: _____ **Email:** _____

Address: _____

Phone: _____ **Emergency Contact:** _____

Dry Wick Shirt Size: **Mens Sleeveless** XS S M L XL XXL **Womens Sleeveless** XS S M L XL XXL
Circle One Shirt Size.

Biker: _____ **Email:** _____

Address: _____

Phone: _____ **Emergency Contact:** _____

Dry Wick Shirt Size: **Mens Sleeveless** XS S M L XL XXL **Womens Sleeveless** XS S M L XL XXL
Circle One Shirt Size.

Every participant will receive a “Bag of Swag” including race bibs, shirts and other donated goods on race day. Bag pickup starts at 6am at the Stanford City Pool, where the race will finish. A bus will be provided to transport participants to race start. Bikers need to make transportation arrangements to get their bikes to exchange point. Porta potties will be at the start and exchange point. You will cross a major highway. An officer will be stationed at this point to inform you when it is safe to cross. PLEASE WAIT FOR THE OFFICER’S SIGNAL BEFORE CROSSING THE HIGHWAY. Bikers and Runners will travel on the left side of the road (facing traffic) unless otherwise designated. Please stay on the road at all times except at designated exchange points. Please watch for traffic and use caution if/when you encounter any livestock or livestock guard dogs. Walkers are welcome but please leave your furry friends at home. Drinks, fruit and baked goods will be provided after the race. The pool locker rooms/showers will be available. The city park is open to tent campers. There will also be a 1 mile Bull Fun Run to follow the half marathon at approximately 9:30am. Go to [JBFit Club.com](http://JBFitClub.com) for more information.

Waiver: In Consideration of my entry in the Bull Run & Bike on July 20, 2019, I understand that running/biking is strenuous exercise. By my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by the decision of any race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the event and agree to abide by them. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the JB FIT Club, Judith Basin County, all event sponsors, their representatives and successors, any volunteers, and any persons organizing this event from all claims or liabilities of any kind whatsoever (including personal injuries to me or my wrongful death) arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Half Marathoner Signature _____ Date: _____

Parent’s signature (if under 18) _____ Date: _____

Half Marathon Biker Signature _____ Date: _____

Parent’s signature (if under 18) _____ Date: _____

Runner #1 Signature _____ Date: _____

Parent’s Signature (if under 18) _____ Date: _____

Runner #2 Signature _____ Date: _____

Parent’s Signature (if under 18) _____ Date: _____

Runner #1 Signature _____ Date: _____

Parent’s Signature (if under 18) _____ Date: _____

Biker #2 Signature _____ Date: _____

Parent’s Signature (if under 18) _____ Date: _____

Make checks payable to JB FIT Club and mail to P.O. Box 454, Stanford, MT 59479
We are a non-profit organization.