



43rd Steve Zemianek Bennington Road Race

a BKVR race



3.8 mile, 10k and 1K Kids Fun Run

Sunday, May 7, 2023, 9:00 AM

Come out and enjoy this traditional Spring run in beautiful North Bennington, Vermont. You will enjoy the course and the friendly competition. Proceeds to the Steve Zemianek MAU Scholarship, BKVR Scholarships and Park McCullough House.

Location: Park McCullough House, 1 Park Street, North Bennington, VT 05257

Course: The certified 10K course will run through scenic rural countryside, along the Walloomsac River, and through a covered bridge (twice)! The 3.8-mile course is a loop on quiet country roads with rolling hills.

Walkers: Walkers are welcome; award to the top overall walker

Check-In: Race Day registration begins at 7:00 and ends at 8:30 am

Awards: *Maple Syrup* to the top three overall male and female finishers of each distance, Top 3 male and female from 12 and under in 10-year age groups at 3.8 mile, Top 3 male and female from 19 and under in 10-year age groups at 10 k.

Stuff: T-shirts guaranteed for those registered by April 19.

Entry Fees: See below. \$5 discount for pre-registration by April 30, 2023. All fees are non-refundable.

Online registration: <https://www.runreg.com/zembenn2023>

More information: E-mail battenkillrunners@gmail.com

2023 Zem-Benn Entry Form

Participant Name: _____ **Sex:** M ___ F ___ **Age on 5/7/23:** _____

RUNNER: 3.8 mile _____ (\$30 before April 30 and BKVR member) (\$35 after April 30)

10 k _____ (\$35 before April 30 and BKVR member) (\$40 after April 30)

WALKER: 3.8 mile _____ (\$30 before April 30 and BKVR member) (\$35 after April 30)

****Family of 4 \$100, \$20 for each additional family member.** E-mail battenkillrunners@gmail.com for family registration.

KIDS FUN RUN _____ (\$1)

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone: _____ **E-mail:** _____

T-shirt size (3.8 and 10 k only): circle one XS(32-34) S(35-37) M(38-40) L(41-43) XL(44-46)

Send Checks payable to: BKVR

ATTN: Zem-Benn, c/o Tim Van Orden, 958 South Stream Road, Bennington, VT 05201

WAIVER: In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages that I may have against the Batten Kill Valley Runners, Road Runners Club of America, Park McCullough House, Towns of Bennington and N. Bennington, any sponsors, coordinating groups, and any individuals associated with this event, their representatives, successors, and assignees, and hold them harmless for any and all injuries suffered in connection with this event, including those attributable to weather conditions. I attest that I am physically able to compete in the race I have entered and have been sufficiently trained for completion of the event.

Participant Signature: _____ **Date:** _____ **OR**

Signature of Parent (if under 18): _____ Date: _____

**dogs, strollers, and headphones are strongly discouraged due to insurance restrictions from RRCA.

