



You can run, but can you **SURVIVE?**

Back-country survival is no joke. But have a blast in this team-based Survival 5k. Teams of 3-5 people must complete given survival tasks at four different Check Points before proceeding along the 5k route. Who knows what you'll encounter along the way!?

General Information

1. **The race will start at 11:00am on Saturday, May 23, 2020.** Visit www.lakecity.com for more information on Packer Days including a schedule of events for the whole weekend.
2. **Registration is \$25/per adult and \$15/per child.** Participants must register as a team of 3-5 people.
3. **Participants must check in** at Town Park the day of the race between 10:00am and 11:00am. Teams may also register during these times.
4. **This is a rain or shine (or snow or ice or slush) event.** Like any back-country excursion, it could be sunny and beautiful or it may snow 6 inches. The race route also covers gravel/dirt roads, trails, and pavement with each possibly containing different conditions. Come prepared!
5. **The Award's Ceremony** will take place at the Mystery Meat Cook-off from 1:00 to 3:00pm at the Armory. All-you-can-eat Mystery Meat tickets are \$5 each. Cash bar will be available.
Awards given out will be for: 1st Place, 2nd Place, 3rd Place and Best Dressed

Survival Tasks

Teams who cross the finish line without completing all activities will receive a 30 minute penalty.

1. **Build and properly extinguish a fire.** Fire could mean life or death on the trail, especially in a Colorado spring. Unfortunately, leaving a fire could mean the end of Colorado. Participants must successfully build a fire with 9 in. flames and then properly extinguish the fire before leaving the site.
2. **Build a shelter.** Escaping the elements is a crucial aspect to surviving in the back-country. Teams must construct a shelter in which 3 people can avoid the elements and is stable enough to withstand moderate disturbance from an official.
3. **Splinting & Evacuating an injured Team Member.** Injuries happen to even the most experienced and prepared adventurer. Fortunately, you have a team to help you! Teams must choose one member to incur a torn ACL (injured knee). The "injured" participant must be successfully splinted according to the standards of Wilderness First Aid training. Despite superb first aid, your injured team member cannot continue on his/her own. The team member must be carried between Check Points 2 & 3. (Evacuees may rest or switch spots, however, the injured member must remain the same person and may not walk on his/her own. At Check Point 3, the splint will be removed and the team may proceed normally.)
4. **Knot Tying.** Knowledge of knots and their purpose are priceless. This station will require teams to successfully tie 3 essential survival knots. Don't worry there will be instructions
5. **Food Preparation** - new task, where members must search/gather all items for a recipe in a certain order.
6. **Packer Questionnaire.** Trivia about the man himself. This station will test the limits of even the biggest Packer fans.

Race Route



Run For Your Life Survival 5k

Part of Packer Days, Lake City, CO

Policies, Procedures, and Liability Waiver

1. Participants must be 13 years old by the day of the race unless accompanied by a parent or guardian. Minors of any age must submit a waiver signed by a parent or legal guardian to participate.
2. Teams must include between 3 and 5 eligible individuals. Entire teams must start, finish and remain together at all times during the race. A team must finish with all four required survival tokens from the check points.
3. The official finish time will be recorded when the last individual of a team crosses the line.
4. Officials at each check point have the final decision on whether a team may proceed. Tasks must reach satisfactory "survival" standards according to the established criteria, which officials have the final say in. Participants who become argumentative will be immediately disqualified and removed from the premises.
5. Participants may only use materials provided during the race or materials found in a completely natural setting (i.e. sticks, leaves, etc.) to complete tasks. This is not to be confused with any materials that may be found along the route (i.e. man-made objects). Teams using prohibited materials will be disqualified.

I know that running any race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a 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 race and agree to abide by them. I assume all risks associated with running in this event and completing the required tasks, including but not limited to: falls, contact with other participants, the effects of the weather, including snow, ice and/or water, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. 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 "Run For Your Life" Survival 5k, the town of Lake City, Hinsdale County, The Bureau of Land Management and the Lake City/Hinsdale County Chamber of Commerce, all event sponsors, their representatives and successors from all claims or liabilities of any kind 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.

Name: _____ Is Participant a minor: ____ If Yes, DOB: _____

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____