



COURSE:

5K (approx. 3.1 miles): On paved roads starting and finishing at Burnett Medical Center.

10K (approx. 6.2 miles): Extended course with same start and finish as 5K.

SCHEDULE OF EVENTS:

6:00am-8:00am: Same-day registration

7:30am: Start of 10k race.

7:40am: Start of 5k race.

Awards after race.

AWARDS:

Medals to first 3 male and female finishers in the 10k & 5k.

RACE FEE:

\$30 for 5k/\$25 ages 65+ and 16 & under.

\$40 for 10k/\$35 ages 65+ and 16 & under.

Same day registration fees increase by \$5.

PARKING:

Park in BMC's North parking lot

(257 W St George Ave, Grantsburg, WI).

REGISTRATION:

Register online at burnettmedicalcenter.com/about-us/events or <https://www.zeffy.com/en-US/ticketing/bmcs-go-for-the-gust-race>; scan the QR code; or complete the form below and mail it in.



Pre-register by Friday, May 1 to receive a moisture wick t-shirt—register early! Sorry, no refunds.

QUESTIONS:

Visit burnettmedicalcenter.com/about-us/events or contact the Race Director, at (715) 463-7285, hpardun@burnettmedicalcenter.com.

The race proceeds will be donated to the BMC Foundation to support people in need of financial assistance for medical care. Sponsored by BMC and other businesses.

Registration Form

One participant per form. Copy form for additional entrants.

Name (first & last): _____ **Email:** _____

Address: _____

City, State, Zip: _____ **Phone:** _____

Birthdate: _____ **Gender:** M F **Age on June 1, 2025** _____ **Event:** 5K 10K

If registering by May 1, check shirt size AND shirt type:

- Youth S Youth M Youth L XS S M L XL 2XL 3XL
- Men/Unisex shirt Women shirt (fitted)

How did you hear about this event?

- Friend/Family Facebook/Instagram
- Posters Newspaper BMC's Website
- Email Other: _____

WAIVER: In consideration of my signing this agreement, I enter this event at my own risk and assume any risk or responsibility for injuries I may incur as a direct or indirect result of participation in this event. I also agree not to hold liable any representative or employee of Burnett Medical Center, Grantsburg Chamber of Commerce, Village of Grantsburg, Township of Grantsburg or the County of Burnett for said injuries. I also give Burnett Medical Center the irrevocable right to use my name and photograph in all forms of media and in all manners for event promotion, advertising, trade, or any other lawful purposes, and I waive the right to inspect or approve the finished product, including written copy that may be created in connection therewith. In case of inclement weather there will be no refunds.

Signature of Participant

Date

Signature of Parent/Legal Guardian (if under age 18)

Make checks payable to Burnett Medical Center. Write in the check memo: "Go for the Gust".

Mail to: BMC, Go for the Gust, 257 W. St. George Ave., Grantsburg, WI 54840