

BRRC Presents the 37th annual Partners in Pain 5K
Proceeds go to the Bloomsday Road Runners Club Youth Fund

Watch Facebook and BRRC.net for updates

Partners = A fun run for couples, with awards to teams with the fastest combined times..
in
Pain = The crazy desire to run in the middle of winter, without regard to seasonal hazards.

WHEN? SAT. February 11, 2023

PACKET PICK UP- Is the morning of the race. We will be ready at 8:30 am and will close late registration at 9:30 am.

WHERE? Starts at **WEST CENTRAL COMMUNITY CENTER**, 1603 N. Belt, Spokane, WA

WHO? EVERYONE IS WELCOME! This includes humans- not dogs or other animals. 😊

AWARDS GO TO: 1st individual open male and female
1st individual masters male and female
1st M/M Team
1st F/F Team
1st M/F Team
1st- 6th place in M/F age groups (1-42/43-60/61-80/81-95/96-112/113-129/130+)

RACE with Shirt= \$35.00 RACE only= \$25.00

SIGN UP ONLINE @ RUNSIGNUP. PRICES GO UP ON JAN. 30/ shirts not guaranteed after 1/29

FOR THOSE NOT READY TO RUN IN-PERSON: THERE IS ALSO A VIRTUAL OPTION! (RUN a 5K ANY TIME between 2/11-2/13. Then submit your results.)

OTHER COOL STUFF:

Long-Sleeved Performance T-shirt in men's and women's sizes (we order the exact # of shirts. There is a size chart on partnersinpain5krun.com)

CHIP TIMING BY NEGATIVE SPLIT

Prize drawing: We will have some prizes! We will draw them ahead of time and you will pick up your prize at packet pickup!

COURSE IS USATF CERTIFIED!

Race personnel reserve the right to delay, cancel, or suspend the race due to inclement weather. Participants must abandon the race if ordered to do so. Registration fees will not be refunded if the race is canceled due to inclement weather.

Questions? Call 999-5856 *Please note:* In case of extreme weather conditions we will post on Facebook. For everyone's safety: **NO DOGS ALLOWED!** *Please follow this rule. Unfortunately, we will have to DQ those who don't follow these instructions because we have had some issues!*