



Firecracker 5K

Run or Walk

July 4, 2019



Welcome to the 33rd Annual Firecracker 5K!

This race is a great flat, shaded course in the wonderful community of Dysart, Iowa. It starts and finishes at the Dysart Park where there are many other Fourth of July activities to enjoy. Come and compete against your friends, or just participate and have fun, either way you get a cool T-shirt and some exercise.

All participants in the Run/Walk must be registered!

Date: Thursday, July 4, 2019 **Time:** 8:00 A.M.

Location: Meet at the Dysart Park (Open Shelter House)

Register ONLINE or by paper form

<http://www.getmeregistered.com/DysartFirecracker5K>

Pre-Register by June 26, 2019 and save \$5

Cost: \$20 (includes free t-shirt, refreshments, prize drawing)

Cost: \$15 (NO SHIRT option)

Registration after June 26th and Race Day (6:45-7:45)

Cost: \$25 (includes free t-shirt IF AVAILABLE refreshments, prize drawing) (Not guaranteed a t-shirt if registering after June 26th)

Cost: \$20 (NO SHIRT option)

Questions: Mike Schmidt 319-939-3311 or m_schmidt@union.k12.ia.us

All proceeds go to Club Dysart's 4th of July Fireworks.

Age Divisions 5K Run/Walk

10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ (Separate Male and Female Divisions for each age division)

Awards Medals to the top 3 finishers in each division.

Trophies to the top overall male & female runners.

Packet Pickup

Packets may be picked up on race day starting at 6:45 A.M.

All packets should be picked up by 7:45 A.M.

There will be a separate table for those who have pre-registered.

Course The course is flat, partially shaded and in town.

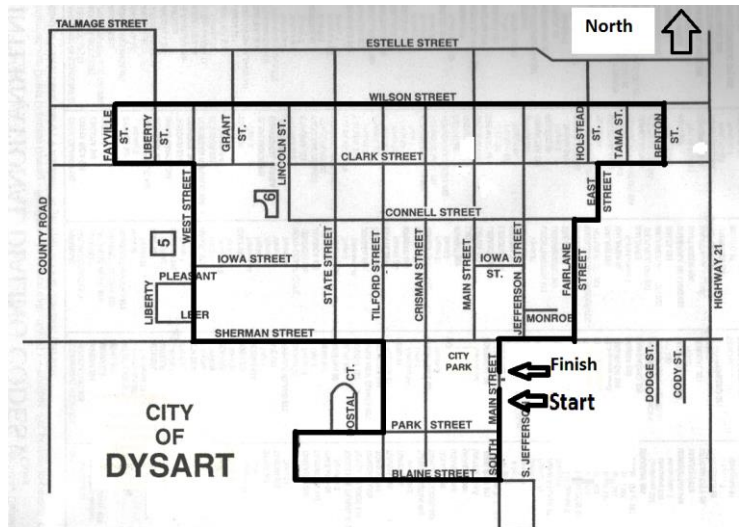
Male course record is 15:56 held Brad Wrage.

Female course record is 18:37 held by Jill Wagaman.

A water station will be available halfway through the race.

A post race refreshment party for all participants will also be held.

Route may change due to street repairs!



On or before 6/26/19

Cost: \$20 with T-shirt; (\$15 No T-shirt Option)

After June 26th and Race Day

Cost \$25 with T-shirt; (\$20 No T-shirt Option)

Circle one of these 4 options:

T-shirt Size (circle one) Youth L Youth XL Adult: S M L XL XXL

Make CHECKS PAYABLE to **Club Dysart** Mail to: Mike Schmidt, 608 Main St. Dysart, IA 52224 Phone 319-939-3311
OR Register ONLINE - <http://www.getmeregistered.com/DysartFirecracker5K>

Last Name: _____ First Name: _____ Age (on July 4): _____ Male or Female (circle one)

Mailing Address: _____ email address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

I hereby absolve and release the City of Dysart, Club Dysart, our sponsors, their agents, employees, successors, and assigns, from any and all liability, claims and causes of action by me or my heirs, successors and assigns arising out of or anyway related to my participation in or presence of the Firecracker 5K. I hereby state that I am physically fit to participate in the event and that I am full aware of the risks of injury related to participation at such an event, and I assume all risks in consideration of being allowed to participate.

Signature of participant

Parent or Guardian Signature if under 18

Date