

Conrad Dash and Splash

Name _____

Address _____

City _____

State _____ Zip code _____

Email Address _____

Male Female

5K Run/walk 10K

Age Day of Race:

13 & Under 14-19 20-29

30-39 40-49 50-59

60-64 Inspiration Class 65+

Shirt Size: (circle choice)

NO SHIRT **Tshirt** **Tank Top**

S M L XL

Entry Fee

\$10 Entry NO SHIRT

\$15 Entry June 7

\$20 Late Entry (no shirt guarantee)

Release of Liability

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, it's agents, successors and assigns, for any and all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event

Signature _____

Date _____

(parent signature if participant is under age 18)

USATF Certification code IA07001-MF

Jami Willett

PO Box 247

Conrad, IA 50621

5K Run/Walk 10K Run



Saturday, June 10, 2017

Reunion Park

Conrad, Iowa

Registration at 7:00 AM

Race at 8:00 AM

Where You Have the Right to B - FIT

FitnessSports
www. _____ .com

8810 Swanson Blvd. Clive Iowa 50325

