Conrad Dash and Splash

NAME:		
ADDRESS:		
CITY		
STATE	TATE ZIP	
<u>Event:</u>		
M		FEMALE
5K W	alk/Run	10K Run
Age Division (day of race):		
_		15-19
30)-39	40-49
50)-59	60-64
Inspirational 65+		
Shirt Info:		
T-Shirt	<u> </u>	Racerback Tank
XS S M L XL 2XL (Xs only available in Racerback Tank)		
Entry Fee: \$10 - No Shirt \$15 Registered by 6/4 \$20 On Race Day (no shirt guaranteed) 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)		

5K Run/Walk 10K Run



Saturday, June 9, 2018
Reunion Park
Conrad, Iowa

Registration at 7:00 AM Race at 8:00 AM

Send completed registration form and entry fee to:

Checks Payable to Conrad Dash and Splash

Conrad Dash and Splash Jami Willett PO Box 247 Conrad, IA 50621

Questions?
Email:
dashandsplashconrad@gmail.com
Facebook:

facebook.com/dashandsplashconrad/



The route begins at the Family Aquatic Center in Reunion Park and is a blend of city streets and bike trail.

he 10K route adds a 5K loop on the trail toward Beaman and back

The 10K route adds a 5K loop on the trail toward Beaman and back. Enjoy free admission to the Family Aquatic Center, with showers and locker rooms!

The 5K course has been measured and certified by USATF, IA07001-MF.

Registration Fee

\$10 No Shirt \$15 prior to race day Race Day Registration Fee \$20 All proceeds help the Conrad park and trail maintenance & improvements and/or the BCLUW track and cross country programs.

