



8:00 AM START TIME @ THE CARROLL REC CENTER

Fee: Walkers / Untimed Runners \$15.00 Timed Runners \$25.00

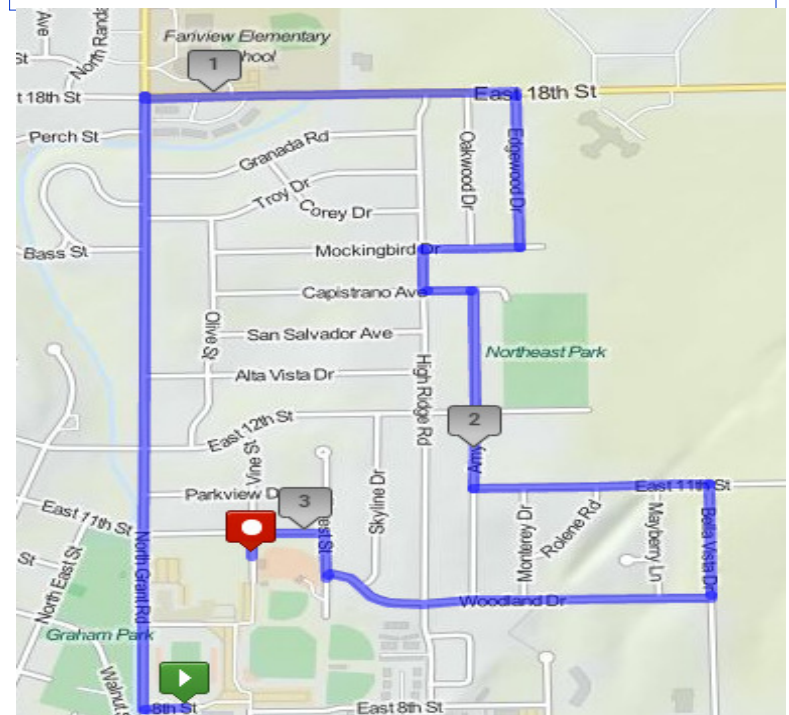
REGISTRATION INCLUDES:

- RACE T-SHIRT
- RACE BAG
 - FILLED WITH DONATIONS FROM OUR SPONSORS
- FREE ADMISSION TO AQUATIC CENTER
- ENTRY FOR OVERALL PARTICIPANT PRIZE DRAWING
- POST RACE REFRESHMENTS

Proceeds benefit the Carroll Parks & Recreation Department Youth Scholarship program.

If interested in being a race sponsor please contact the Rec Center at 792-5400.

- Race will start at 8:00 am at the Rec Center
- Race will Start at the Carroll Rec Center and Finish at the Aquatic Center
- Participants and spectators should park at either the Rec Center or High School Softball Parking lot.
- Strollers are allowed for walkers only
- Walkers and runners not timed will start in the back of the group.
- No dogs / pets are allowed to participate on the course.
- Water stations available on the course.



FAMILY FRIENDLY RACE

2016 5K DASH 2 THE SPLASH RUN/WALK ENTRY FORM

Fee: Walkers / Untimed Runners \$15.00 Timed Runners \$25.00

PLEASE CHECK ONE: 5K Timed Run _____ 5K Untimed Run / Walk _____
T-shirt Size: YS (6-8) YM (10-12) YL (14-16) S M L XL XXL XXXL

Name _____ Male or Female

Age on Race Day _____ Birthday _____

Street _____

City & State _____ Zip _____

Phone _____

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of race official relative to my ability to safely complete the run. I assume all risks associated with running in the event included, but not limited to: falls, contact with other participants, the effects of the weather, included high heat and/or humidity, traffic and the condition of the road, all such risk being known and appreciated by me. Have read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself, and anyone acting on my behalf, waive and release the City of Carroll and all other sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part to the persons names in the waiver. I further agree not to run with any earphone headsets on. I understand that insurance regulations prohibit wheeled vehicles, excluding wheelchairs and strollers, but including bicycles, skateboards etc.

Signature

Date

Parent's signature (if under 18 years of age)

Make checks payable to: Carroll Parks & Recreation Department, 716 N. Grant Rd, Carroll, IA 51401
(RETURN BY July 29, 2016)

Carroll Aquatic Center

August 6, 2016

Registration begins 7:15 am

5K Run Individual Age Groups

10 & Under 11-14 15-19 20-29
30-39 40-49 50-59 60 & Over

Trophies for Overall Winners

Medals for Age Group Winners

Entry Fee:

Walkers / Untimed Runners \$15.00

Timed Runners \$25.00

T-shirt Registration deadline July 29, 2016

Day of registrations will receive either a t-shirt or substitute participant prize.

Day of race registration starts at
7:15 am and ends at 7:45 am.

Race Details

Race Course

- Runners will start at the front of the group
 - Untimed runners / walkers will start at the back of the group
 - Strollers are allowed (walkers only)
 - No Pets allowed on the course!

Prizes

- Trophy for Overall Male and Female 5K & 1st place finishers in each age group.
- Only Runners registering to be timed will be issued a bib number.
- Walkers and untimed runners will not be issued a bib number
- Medals for 2nd & 3rd in each age group
- Walker & Runner Participant Prize Drawing

