

DING DONG DASH 5K, 10K, 1 MILE FUN RUN

Saturday, June 8, 2024

Chip timing for 5K and 10K provided by True Time Racing!

Pre-race check-in 7-7:45 am
1 Mile Fun Run 8:00 a.m.
5K and 10K 8:20 a.m.

Start and Finish: Greene County Community Center, 204 W. Harrison, Jefferson, IA



CALLING ALL CANINES! Bring your furry friend along with you! *Please note different price for 5k/10k.*

COURSE: The events will be run entirely on hard surfaced roadways within Jefferson - only the major intersections controlled. Caution must be taken for traffic coming from side streets and driveways. Water and first aid offered at the halfway mark of the 5K and 10K. A bicycle rider will lead the race.

AWARDS: Medals sponsored by Jefferson Telecom will be awarded to each male and female winner in their respective age division. 2nd and 3rd place finishers will also receive medals. **CASH PRIZES will also be awarded to each male and female winner of their respective age group (only the age groups 19 and older will be eligible to win the cash prizes).** Winners will be announced after the 10K race in the Greene County Community Center Gym at approximately 9:30 a.m. Complimentary refreshments will be provided in a gift bag for all participants.

CONTACT: Jefferson Parks & Recreation at 515-386-3412 or email: asstdirector@gcccjefferson.com



ENTRY FEE: 5K/10K \$25 through May 26 and \$30 after May 26 (Includes a performance t-shirt and chip timing)

Canines Fees: 5K/10K Run & 1 mile Fun Run \$35 through May 26 and \$40 after May 26.

Immediate Family discount: 20% off all registrations of four or more immediate family members. (Need to register at the Rec Center to receive this discount)

**Registrations after May 26 not guaranteed a T-shirts*

DIVISIONS: Race Day age/male and female divisions

<u>5K Race</u>	<u>10K Race</u>
10 & Under	14 & Under
11-14	15-18
15-18	19-29
19-29	30-39
30-39	40-49
40-49	50-59
50-59	60 & Over
60 & Over	

REGISTRATION INFORMATION

SATURDAY, JUNE 8, 2024

Event: (Please check event) 5K 10K Fun Run *Fee: \$25.00/person before May 26 | \$30.00/person after May 26*

Running with a dog: 5K w/Dog 10K w/Dog 1 Mile w/ Dog *Fee: \$35 /person before May 26/ \$40 after May 26*

Name _____ Age (race day) _____ Birth date (MM/DD/YY) ___/___/_____

Sex (M/F) _____ Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Shirt Size (circle choice) *Youth:* Small Medium Large

Adult: Small Medium Large X-Large 2XL

Note: Day of race or after May 26 registrants not guaranteed a T-shirt

CHECKS PAYABLE TO "City of Jefferson"

Return form and check to:

Greene County Community Center/Ding Dong Dash

204 W. Harrison St, Jefferson, IA 50129

Please read and complete the WAIVER below.

I hereby release the Bell Tower Festival Committee, the Jefferson Area Chamber of Commerce, the City of Jefferson, Greene County, race sponsors and all employees and agents of these organizations from all claims (present and future) resulting from any injury or illness that may be sustained while participating in the Ding Dong Dash. I am satisfied that I (my child) have/has attained a level of fitness sufficient to participate safely.

Signature _____ (Contestant) Date _____

Signature _____ Date _____

(Parent or Guardian if contestant is under 18 years old)