

Conrad Dash and Splash

Name _____

Address _____

City _____

State _____ Zip code _____

Email Address _____

Event:

Male Female

Age Day of Race:

☐ 13 & Under ☐ 40-49

☐ 14-19 ☐ 50-59

☐ 20-29 ☐ 60-64

☐ 30-39 ☐ 65+

Shirt Size: (circle choice)

Tshirt NO Shirt

S M L XL 2XL

(Youth sizing NOT guaranteed - contact
race coordinator if youth size needed)

Entry Fee:

Early Registration by 6/6:

\$10 NO SHIRT \$20 With Shirt

Day of Race: \$15 or \$25

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, its 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 _____

Jami Willett

PO Box 247

Conrad, IA 50621

Conrad Dash and Splash 5K Run/Walk

Saturday, June 10, 2023

Reunion Park

Conrad, Iowa

Registration at 7:00 AM

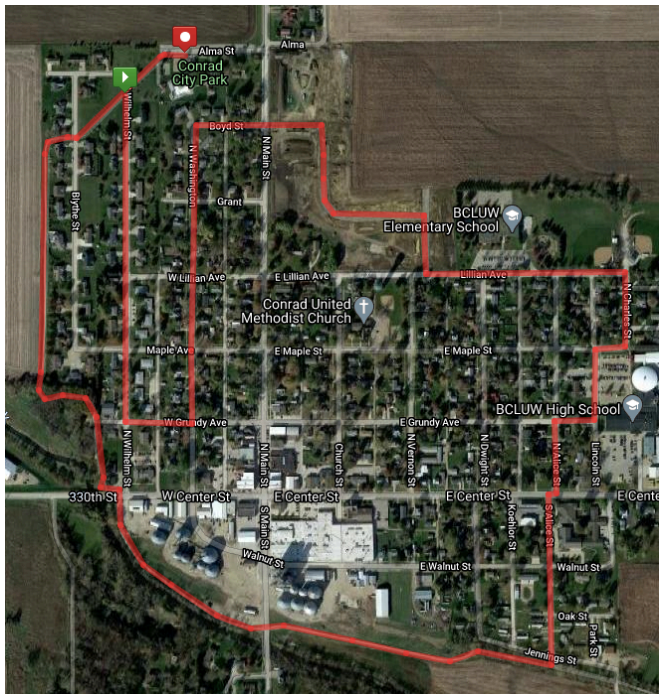
Race at 8:00 AM

*Pancake breakfast sponsored by Midwest
One Bank, served by BCerts, available post
race.*

We are excited to showcase Conrad's newest extension to the trail which involves a slight alteration to the beginning of our race route. The route begins at the Family Aquatic Center in Reunion Park and is a blend of city streets and bike trail.

Enjoy free admission to the Family Aquatic Center, with showers and locker rooms!

Registration Fee \$15 prior to race day Race Day Registration Fee \$20
All proceeds go for Conrad park and trail maintenance & improvements, as well as the BCLUW track and cross country programs.



**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

Venmo: dashandsplashconrad

Follow us on Facebook:
Dash and Splash Conrad

June 9 & 10!
www.blackdirtdays.com