

MONSTER DASH

5K Fun Run and Kids Run

Sunday, October 30th 2011

Manito Park - meet at the Duck Pond

Number pick-up & race day registration: 8:30 - 9:30 am on race day

5k Race begins at 10:00 am

Kids Race begins at 11:00 am (12 and under) 1/4 to 1 mile, dependent on age

REGISTRATION MUST BE RECEIVED BY OCTOBER 19, 2011 Fees are non-refundable

Monster Dash 5k = **\$20 with shirt**; \$10 no shirt

Monster Dash Kids Run = **\$10 with shirt**; \$5 no shirt

Late registration (after October 19th): Add \$5 (*late entries will not receive a shirt*)

COSTUME CONTEST (*optional*): Break out your favorite costume, or get creative and make your own, keeping in mind that you will be running in it! Judging will be held before the race starts.

AWARDS & PRIZES: Awards will be given to the 1st, 2nd, and 3rd place overall male and female finishers in the 5k race, and to top age group finishers in the 5k. Goodie bags will be provided to all kids fun run participants. Costume contest prizes will be awarded before the race, and raffle prizes will be given during the Awards Ceremony. There will also be food, music, treats and lots of fun to go around!

For more information visit: active4youth.org or spokaneswifts.com/monsterdash or call Heidi Bresson at 509-991-0492



Proceeds benefit Active4Youth

Sponsored in part by:



Make checks payable to: Active4Youth
Mail registration and payment to: Active4Youth, PO Box 30501, Spokane, WA 99223-3008

DETACH AND RETURN LOWER PORTION WITH YOUR CHECK TO ACTIVE4YOUTH. PLEASE PRINT CLEARLY.

Please fill out separate registration forms for EACH participant.

NAME:	SEX:	AGE ON 10/30/2011:
ADDRESS:		
CITY:	STATE:	ZIP:
PHONE:	EMAIL:	
CHECK ONE: <input type="radio"/> 5K Run (\$20 with shirt) <input type="radio"/> 5K Run (\$10 no shirt) <input type="radio"/> Kids Run (\$10 with shirt) <input type="radio"/> Kids Run (\$5 no shirt)		
T-SHIRT SIZE: (If registering <i>before</i> October 19th; late entries will not receive a shirt.)	<input type="radio"/> Adult Small <input type="radio"/> Youth Small	<input type="radio"/> Adult Med. <input type="radio"/> Youth Med. <input type="radio"/> Adult Large <input type="radio"/> Youth Large <input type="radio"/> Adult XL <input type="radio"/> Adult XXL

WAIVER: I know that participating in this walk/run is potentially hazardous. I should not enter unless I am medically able and properly trained. I also assume any and all risks associated with this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, snow, ice, rain, or freezing temperatures, and the condition of the roads and traffic, all such risks being known and appreciated by me.

Having read this waiver, and knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Spokane Swifts Running Club, race director (s), race volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of participation in this event. I have read the above statement, I understand it, and my signature confirms its full acceptance.

Signature: _____ Date: _____

Parent/guardian signature if under 18: _____ Date: _____