

MONSTER DASH

5k Run & Kids' Fun Run

Sunday, October 28, 2018 | Manito Park *meet at the Duck Pond*



FOR ACTIVE
YOUTH

Race proceeds to go
Active4Youth.org

Number pick-up & race day registration:

Sat., Oct. 27 - Fleet Feet Spokane, Kendall Yards location, 12:00 - 4:00 pm

Race day from 8:30 - 9:30 am

RACE DAY TIMELINE: Sun., Oct. 28

5k Race begins at 10:00 am

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

Costume Contests: 5k - 9:50 am at start line; Kids' - 10:50 am at finish line

REGISTRATION COST; SHIRT DEADLINE IS OCT. 19

Monster Dash 5k = **\$25 with shirt**; \$15 no shirt; \$20 no shirt after Oct. 19 *Includes Chip Timing!!!*

Monster Dash Kids' Run = **\$10 with shirt**; \$5 no shirt; \$10 no shirt after Oct. 19

(Late shirts may be for sale after kids' run; first come first served, not guaranteed)

COSTUME CONTENT (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 5k finishers, and to top age group finishers. Costume contents prizes will be awarded before the race, and age group awards and raffle will be given out during the Awards Ceremony. There will also be food, music, treats and lots of fun to go around!

TO REGISTER ONLINE or more information: visit spokaneswifts.com/monsterdash or email spokaneswifts@gmail.com

Make checks payable to: Active4Youth

Mail registration and payment to: Active4Youth (Monster Dash), PO Box 30501, Spokane, WA 99223-3008

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

PLEASE FILL OUR **SEPARATE** ENTRY FORMS FOR **EACH PERSON**.

NAME:		SEX:	BIRTH DATE: MM / DD / YYYY			
ADDRESS:						
CITY:		STATE:	ZIP:			
PHONE:		EMAIL:				
CHECK ONE: <input type="radio"/> 5k Run (\$25 with shirt) <input type="radio"/> 5k Run (\$15 NO shirt) <input type="radio"/> Kids' Run (\$10 with shirt) <input type="radio"/> Kids' Run (\$5 NO shirt)						
T-SHIRT SIZE: (If registration received by October 19th)		<input type="radio"/> Adult Small	<input type="radio"/> Adult Med.	<input type="radio"/> Adult Large	<input type="radio"/> Adult XL	<input type="radio"/> Adult XXL
		<input type="radio"/> Youth Small	<input type="radio"/> Youth Med.	<input type="radio"/> Youth Large		

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: _____