

In order to get t-shirts registrations & payments are due prior to 8/15/19



Thursday, August 29th @ 6pm

Preregistration will be from 5-5:45pm

@ The corner of S. 13th Street & E. Main Street by the Bus Barn in Clarinda

1 MILE or 2 MILE OPTION

All proceeds will benefit the Junior Cardinal Backpack Program for food insecure children in the Page County area

Mail registration form to CRHC
Attn: Jake Burgess
220 Essie Davison Drive
Clarinda, Iowa 51632
or drop off at the hospital

Back To School Dash Registration Form

Name(s) of Participant(s): _____

City: _____ State: _____ Phone # _____

Race Choice: 1 Mile Walk/Run 2 Mile Walk/Run

T-Shirt Size

Youth: __XS(4) __S(6-8) __M(10-12) __L(14-16) __XL(18-20)

Adult: __XS __S __M __L __XL __2XL __3XL __4XL



Individual Entry Fee: \$20.00 OR Families (3+ household members): \$40.00 Amount Enclosed:\$ _____

DISCLAIMER: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form or aggravation in connection with said event. I also give my permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Signature _____ Date _____

If under 18, Signature of parent or guardian _____