

DAM TO DAM ENTRY FORM

Race Entering

20K

5K

MAIL TO: Dam to Dam, PO Box 25008, West Des Moines, IA 50265

One entry per person. Photocopies allowed.

Name (last name/first name)

Age on
5/30/09

Sex
M/F

Street Mailing Address

City

State

Zip Code

E-mail Address

Birth Date

Month Day Year

Expected Finish Time

All 20K seeded

Daytime Telephone Number

Select your T-shirt size
at packet pick-up!

Team Name (if applicable)

Team Category (place an X in the category entering)

- Male (must have 4+ runners)
 Female (must have 4+ runners)
 Co-ed (must have 2+ males, 2+ females)



GetMeRegistered.com

RACE CLEAN * LIVE GREEN

After May 18, register at GetMeRegistered.com for \$45 for the 20K and \$30 for the 5K through noon on May 27.

Release of Liability

The undersigned acknowledges that the Dam to Dam Race(s) are voluntary and that I am voluntarily participating. I hereby release Dam to Dam, Inc., its officers, directors, and agents, and all Dam to Dam sponsors, race officials, and volunteers and all other parties from any and all liability whatsoever, including all claims, demands, and causes of action of every nature which arise out of or are in any way connected with Dam to Dam races.

The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing Release, understand its terms and freely and voluntarily sign the same.

Date

Signature

If you are under 18 years of age, your parent must sign.

Payable to Dam to Dam.

Entry Fee

Don't mail after May 18...no refunds!

20K Run

- \$35 through Monday 5/18
 \$60 at packet pick-up Friday 5/29

5K Run

- \$25 through Monday 5/18
 \$40 at packet pick-up Friday 5/29

Youth Runs

- FREE
- Registration and number pickup is available Friday and Saturday.
- Pre-registration is not accepted.

PLEASE NOTE:

One person per entry? All boxes completed?
Release signed? Correct amount paid?