

Up and Running
Presents:



Dirty Dude Girl 2013

Giddy Up..

5K & 10K Trail Race

Sunday June 9th, 2013
Sugar Creek Metro Park
4178 Conference Rd.
Bellbrook, OH 45305

- **New for 2013— Race cap of 250 Participants.... SO REGISTER EARLY!**
- **FREE PARKING—Race start time 9:00 AM**
- Additional parking at maintenance building on Wilmington Pike. **NO PARKING ON SIDE OF ROAD OR GRASS IN THE SUGARCREEK PARKING LOT!**
- Register at Up and Running in **Dayton** during business hours or online at speedy-feet.com.
- Fees: \$20.00 through June 6th; \$30.00 June 7th –9th. Cash or check to Up and Running.
- Race day registration does not guarantee a t-shirt or entry due to race cap.
- Packet pick up Saturday June 8 from 12-4 at the Up and Running **Dayton** location.



Young & old, new & nervous athletes are encouraged to register! Moms and daughters, sisters and aunts and grandmas...never run a race before? Do it together or run it alone. Whatever your preference, we'll help you get to the start line. Let's get dirty together!



Please print:

Last, First Name: _____

Age: _____ Date of Birth: _____ Phone: _____

Address: _____

Shirt size: S M L XL (Shirts not guaranteed; substitutions may apply) Distance: 5K 10K

Emergency name/number: _____

Email Address: _____

Release of Liability—READ BEFORE SIGNING: In consideration of the acceptance of my entry, I hereby waive, for myself, any executors, administrators and assignees, all claims of any nature arising from my participation in the Dirty Dude Girl Dayton 5K/10K Trail Run, and do thereby release Up and Running, Dude Girl, Sugar Creek Metro Park, the City of Bellbrook, all sponsors, workers, officials and volunteers from any claim whatsoever arising from any participation in this event. I attest and verify that I am physically fit and understand the risks for this event and have trained adequately in preparation.

Signature: _____ Date: _____

Parent/Guardian if under age 18: _____

Up and Running
6123 Far Hills Ave
Centerville, OH 45459
(937) 432-9210

Office use only: cash check _____ check # _____ amount paid _____ initials _____