



Dirty Dude Girl 5k & 10k Trail Race

Date: October 6th, 2019

Time: 9:00 a.m.

Where: Sugarcreek Metropark, 4178 Conference Rd, Bellbrook, OH 45305

****Race cap of 250 participants, so register early!****

First Name: _____ Last Name: _____

Email Address: _____ @ _____ Phone # _____

Street Address: _____ City, State, Zip: _____

Birthdate (mm/dd/yyyy): _____ *Ladies only please!*

5K Run 10K Run Please select shirt size (circle one) YOUTH: YM YL ADULT: S M L XL XXL

(Shirts not guaranteed; substitutions may apply)

Additional parking at maintenance building on Wilmington Pike. NO PARKING ON SIDE OF ROAD OR GRASS IN THE SUGARCREEK PARKING LOT!

Packet Pickup: October 5th, Up and Running Dayton, 2-4 pm Race Day Registration @ 7:30 a.m.

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 Dirty Dude Girl, and do thereby release Up and Running, Sugarcreek Metropark, Dude Girl, City of Bellbrook, Speedy-Feet, and 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. There are no refunds and there is no rain date.

SIGNATURE: _____ Date: _____

PARENT SIGNATURE (IF PARTICIPANT IS UNDER 18) _____ Date: _____

EMERGENCY CONTACT INFORMATION: Name _____ Phone# _____

You can register online at Speedy-Feet.com

Or MAKE CHECKS PAYABLE TO: Up and Running

And drop this form with your check at Up and Running

Or mail to: Up and Running, 6123 Far Hills Ave, Dayton OH 45459

Early Registration Discount – by September 30th, 2018: COST: \$20

Registration after September 30th, 2018: COST: \$25

FOR OFFICE USE : Payment Info: Amount _____ Cash ___ Check ___ Check # _____

Questions? Email Susie@upandrunningindayton.com or call (937) 432-9210