

**8th Annual BP Booster Bolt  
5K & 1 Mile Run/Walk  
July 4, 2017**



**Time:** Registration from 7:15 – 7:45AM  
Race begins at 8:00 AM

**Courses:** All races start and finish at the Belle Plaine High School in Belle Plaine, IA.  
The course is fairly flat and will be run entirely on city streets.

**Registration:** \$20 if mailed by June 24<sup>th</sup> (Cotton shirt included with price- \$5 extra for dri-fit shirt.)  
\$25 if mailed after June 24<sup>th</sup> or on race day (Limited number of cotton/dri-fit shirts available.)  
\$10 for any Belle Plaine student (Cotton shirt included with price - \$5 extra for dri-fit shirt.)

**All proceeds go to Belle Plaine Athletic Booster Club**

**Mail Registration To:** Andy Dahlquist  
1906 10<sup>th</sup> Ave  
Belle Plaine, IA 52208  
Phone: 319-430-9020  
dahlae77@hotmail.com

**Details:**

Children are encouraged to join the fun in either the 1 mile or 5K events. Adults are welcome to choose to run or walk to help us kick off the day's celebration. Restrooms and water provided.

Medals will be awarded to first place male and female winners in the following age categories:  
0-5, 6-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.  
Trophies will be awarded to the overall 5K male and female winners.

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**Detach Here And Return With Payment  
(Please Print Clearly)**

Name: \_\_\_\_\_ Age on 07/04/2017: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Email: \_\_\_\_\_  
Race: 1 mile \_\_\_\_\_ 5K \_\_\_\_\_ Sex: M F

Adult Cotton Shirt Size: S M L XL XXL  
or  
Dri-fit Adult Shirt Size (\$5 extra): S M L XL XXL Total: \$ \_\_\_\_\_

**Make checks payable to: Belle Plaine Athletic Boosters**

**Waiver:** (you must sign this waiver to participate)

I do hereby absolve the City of Belle Plaine, Belle Plaine Schools, all race sponsors, and all race officials and organizers from all claims of damages, demands, actions, and courses of action whatsoever, in any manner arising or growing out of my participation in the Run/Walk. I certify that I have prepared myself and that I am in adequate physical condition to participate in the events I have entered on July 4, 2017.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parent (if under 18) \_\_\_\_\_ Date \_\_\_\_\_