

9th Annual BP Booster Bolt
5K & 1 Mile Run/Walk
July 4, 2018



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 25th (Cotton shirt included with price- \$5 extra for dri-fit shirt.)
\$25 if mailed after June 25th 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 10th Ave
Belle Plaine, IA 52208
Phone: 319-430-9020
dahlae77@gmail.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.

Detach Here And Return With Payment
(Please Print Clearly)

Name: _____ Age on 07/04/2018: _____
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, 2018.

Signed _____ Date _____

Parent (if under 18) _____ Date _____