

10th Annual BP Booster Bolt
5K & 1 Mile Run/Walk
July 4, 2019



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: Clara Kienitz
 802 7th Ave
 Belle Plaine, IA 52208
 Phone: 319-530-6222
 ckienitz@belle-plaine.k12.ia.us

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 07/04/2019: _____
 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

Wavier: (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, 2019.

Signed _____ Date _____

Parent (if under 18) _____ Date _____