



WAIVER: I understand that running a road race is a potentially dangerous activity. I do hereby waive and release any and all claims for personal damages that I may incur as a result of my participation in this event against the Bolder Dash, all sponsors, employees, volunteers or officials of these organizations. I further certify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. If, however, as a result of my participation in the Bolder Dash I require medical attention, I hereby give my consent to authorize medical personnel to provide such medical care as deemed necessary. (Application for minors accepted only with parent's signature). No strollers, headphones or pets. All entry blanks must have the following information: Athletes who participate in this competition may be subject to formal drug testing in accordance with ASA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for further competitions. Some over-the-counter medications contain banned substances. Info regarding drugs and drug testing may be obtained by calling the USOC hot-line at 800.233.0393.

I have read the foregoing and certify my agreement by my signature on this form, (Parent or guardian must sign if applicant is under 18 years of age).

Bolder Dash 2011 Entry Submission Form

First Name _____ Last Name _____
Age on Race Day ____/____/____ Gender: M / F Shirt size: S M L XL XXL
Phone # _____ - _____ - _____ E-mail _____
Address _____
Mailing Address _____ Apt # _____
City _____ State _____ Zip _____

Event: 5K/10K/ Both 5K and 10K

Event Date and Location: Saturday, September 17 at Lake Nokomis

Event Time: Registration opens at 7:30 a.m. 10K starts at 8:30 a.m. and 5K at 9:15 a.m.

Entry Fee: \$25 (before 9/16) \$30 (race day) \$40 (both)

I'd like to make a tax-deductible gift to Bolder Options in the amount of: \$ _____

Make checks payable to Bolder Options. Mail check with completed entry from to:

ARM/Bolder Dash
4047 Camberwell Dr N
Eagan, MN 55123

Past and present mentors/mentees run for free! I am a mentor/I am a mentee

Signature _____ Date ____/____/____



Teaching youth to succeed in ALL of life's races.