

1st Annual 'Splashingly' Fun Run

The Dells Pool invites families to join our
1st Annual 5K Run/Walk & Kids' 1K Fun Run!
Saturday, July 19th 8:00 am

Adult 5K begins at 8:00 am at the Dells Pool.

*Supervision for kids is provided during the adult race.

Kids 1K will start 15 mins. after the adult race is finished.

Sign-In from 7:00 am — 7:45 am

Send Application form and entry fee to: **Dell Rapids Pool 302 E. 4th St, Dell Rapids, SD 57022**

For more information call: Dell Rapids Pool at 428-5529 or email: dellspool@gmail.com

Awards: Given to top male and female runner in each age group:

(1K, 15-19, 20-29, 30-39, 40- over)

Entry Fees: \$15 Before July 12 - \$20 After July 12

\$40 Per Family! (Please send in applications together)

FREE SWIM FROM 9:30- 10:30 AM FOR RACE PARTICIPANTS

Help promote family fitness with the Dells Pool !

Release Statement

I certify that I am in good health and have trained for this event. In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organization holding this competition, their agents, representatives, successors, and assignors, for any and all injuries by me at said competition.

Name: _____ **Signature:** _____ **Date** _____

Address: _____ **Phone:** (_____) _____ - _____

_____ **Age:** _____

Gender: M / F

T-Shirt Size: Adult S M L XL
(Circle One)

Child S M L XL

For competitors under 18 years, I, the undersigned parent or legal guardian of the competitor, hereby approve and confirm the above waiver and release.

Signature _____ Date _____