

# Monster Dash 5K/Mile Fun Run

Adults and kids of all ages Welcome!

Saturday, Oct 22\* @ 6:30pm

Registration: Now until Oct 22

(no shirts available after Oct 14 registration)

Norwalk Sports Complex

Cost:

Resident 5K \$25.00 w/shirt or \$15.00 w/o shirt

Non Res 5K \$28.75 w/shirt or \$17.25 w/o shirt

Resident Mile \$20.00 w/shirt or \$10.00 w/o shirt

Non Res Mile \$23.00 w/shirt or \$11.50 w/o shirt

Family Res \$65.00 w/shirt (family max 4)

Family Non Res \$74.75 w/shirt (family max 4)

Family Res \$50.00 w/o shirt (family max 4)

Family Non Res \$57.50 w/o shirt (family max 4)

**Register at the Norwalk Parks and Rec office  
or online at [www.norwalk.iowa.gov](http://www.norwalk.iowa.gov)**

200 Wright Rd Norwalk

(\*new date)



This is not your ordinary 5K Fun Run! Norwalk Parks and Rec, in conjunction with the Norwalk Racers & Triathlon Running Club, are offering a 5K and Mile evening run in your favorite Halloween costume! (Costumes are optional). The race begins at the Norwalk McAninch Sports complex and runs along the cross-country path. Each participant will receive a glow necklaces/bracelets, treats (s'mores and hot chocolate), and t-shirt if ordered. Participants are encouraged to bring their own flashlight to help light the path. Prizes for the best costume.

Norwalk Parks and Recreation Registration Form

**Individual Information:**

Name:  First  MI  Last

Birth Date (if minor)   Sex:  Shirt size:

Shirt size choices: YS(6-8) YM (10-12) YL (14-16) AS AM AL

Address:

City,State,Zip:  IA

Evening Phone #:  Type:

Cell Phone #:  Preference:

Email Address

|           |                      |                       |                      |            |                      |     |                      |
|-----------|----------------------|-----------------------|----------------------|------------|----------------------|-----|----------------------|
| Member #2 | <input type="text"/> | Birth date (if minor) | <input type="text"/> | Shirt Size | <input type="text"/> | Sex | <input type="text"/> |
| Member #3 | <input type="text"/> | Birth date (if minor) | <input type="text"/> | Shirt Size | <input type="text"/> | Sex | <input type="text"/> |
| Member #4 | <input type="text"/> | Birth date (if minor) | <input type="text"/> | Shirt Size | <input type="text"/> | Sex | <input type="text"/> |

Please place an "x" by the race you will be attending and add the total at bottom:

|  | Resident | Non Resident |
|--|----------|--------------|
| <input type="checkbox"/> 5K Run w/shirt*             | \$25.00  | \$28.75      |
| <input type="checkbox"/> 5K Run w/o shirt            | \$15.00  | \$17.25      |
| <input type="checkbox"/> Mile Fun Run w/shirt*       | \$20.00  | \$23.00      |
| <input type="checkbox"/> Mile Fun Run w/o shirt      | \$10.00  | \$11.50      |
| <input type="checkbox"/> Family (max of 4) w/ shirt* | \$65.00  | \$74.75      |
| <input type="checkbox"/> Family (max of 4) w/o shirt | \$50.00  | \$57.50      |
| <input type="checkbox"/> Total                       |          |              |

\*not guaranteed a shirt if registration is turned in after Oct 14.

**Activity Information:**

Program  2016 Monster Dash Fun Run Registration Fee  varies (see above) Late Fee

**Financial Assistance Donation:**

This program is intended to open up participation opportunities for Norwalk area children by reducing financial obstacles for those who may not be participating because they cannot afford to pay the registration fees.

**Would you like to contribute \$1.00 (or more) to this program?** Yes  No Thank You

*(if yes, please add your donation to the registration fee - and THANK YOU!)*

**Additional Comments/Medical conditions (if any):**

**Liability Wavier:**

I give permission for my child/self to participate in this program and agree not to hold the Parks and Recreation Department, their staff, or any volunteer helpers responsible for any accidents. I have READ and AGREE to the waiver:

**Parent Signature:**

Date:

FOR OFFICE USE ONLY: 440.4500

PAID  CK#  CASH  By:

Credit Card  Number  Expires