

The 2nd Annual OC Dash 8K Obstacle Challenge

Saturday, October 26, 2013 @ 4:00 pm

Starts/Ends @ the Cresco Fitness Center ♦ 316 3rd Ave E ♦ Cresco, IA 52136

The OC Dash is going to be an 8k run filled with fun and challenging obstacles throughout the course. You can participate or run competitively through; there will be prizes for the top 2 male and female obstacle course finishers for those participating competitively. You may also choose to run/walk the 8k; one may bike the route 4 times to complete 20 miles. There are festivities down town after the run and we encourage you to stay around and enjoy your evening in Cresco!

Participating for the bike section? It will be the same route as the obstacle challenge just looping it 4 times to give you a 20mile ride. The route will be on public streets. ANY/ALL obstacles are optional and may be skipped if you are not able to perform, don't feel safe completing, or just plain don't want to do it. We will try to have volunteers at each obstacle to help explain and to make sure you are safe. Must complete and sign the waiver below to participate. All proceeds from the OC Dash will go towards new and updated fitness equipment for the Cresco Fitness Center.

Contact: TJ Casper @ tj.casper.4@gmail.com Amanda Stockdale amandastockdale84@gmail.com

Not liable for any lost or stolen items and also help try to keep the CFC clean post-race - so please plan ahead accordingly.

OBSTACLE COURSE REGISTRATION FORM

Please drop off or mail in registration form with payment to the Cresco Fitness Center ♦ 316 3rd Ave E ♦ Cresco, IA 52136

No registrations taken after 12 pm on race day! Check in begins at 3pm

What do you plan to participate in?

Obstacles: Competitive or Leisure Walk/Run/Bike (Please Circle)

Name: _____

Address: _____

Email Address: _____ Phone #: _____

Emergency Contact Name: _____ Phone #: _____

PAYMENT

\$25 Obstacle Challenge or

\$15 Run/Walk/Bike

Cash Check

Make checks payable to
Cresco Fitness Center

In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby myself, my heirs, executors, and administrators, contractually waive and release any and all claims for damages I now or hereafter have against all sponsors, including, but not limited to City of Cresco, The Cresco Fitness Center, The Cresco Park and Recreation Department, Hanson Tire, Crestwood High School, Crestwood Junior High, Crestwood Elementary, or any other personnel assisting with this event, for any and all injuries, including claims of damages suffered by me in this event as a result of participation in said race. I understand that running or walking in a road race regardless of distance or weather conditions is a potentially hazardous activity. Further, I attest that I have trained for this race and am of sound physical condition and am aware of the weather conditions and obstacles as well as may choose to not participate in any obstacle. I also grant full permission to the sponsors and the agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose.

Participant Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

(For participants under 18 years of age)