



Sundown Mountain Resort
16991 Asbury Road
Dubuque, IA 52002

One registration form per runner/team. Please
complete and return this document to Sundown via
US mail or Web submission, with payment.

Dirty Dash Registration

Last Name: _____ First Name: _____ Age: _____ Gender: _____

Mailing Address: _____ City: _____

Email Address: _____ State: _____ Zip: _____

Primary Phone: _____ T-shirt Size: Small Medium Large XL XXL

Select a Class: (Please indicate in lower cell with an "x")

Early Registration closes: Wed. September 26th

ELITE (ages 13 & up) \$40/\$50	OPEN (ages 13 & up) \$40/\$50	KIDS/FAMILY (ages 12 & under) \$30/40	3 PERSON RELAY (ages 13 & up) \$120/\$150 (per team)
Timed, 5k (3.1) mile obstacle course. Fastest runners earn prizes: -Fastest Man -Fastest Woman *(Prizes TBA)	Timed, 5k (3.1 mile) obstacle course. Rugged, steep terrain exists. Teamwork is advised.	Timed, 2k (1.2 mile) obstacle course. Rugged, steep terrain exists. Families must finish race together.	Timed, 5k (3.1 mile) obstacle course. 1 st leg: start- obstacle 6 2 nd leg: obstacle 7-obstacle 12 3 rd leg: obstacle 13-finish

Relay/ Family Name: _____ Primary Contact: _____

Relay/Family Team Members: _____

Emergency Contact 1: _____ Phone: _____

Emergency Contact 2: _____ Phone: _____

Emergency Contact 3: _____ Phone: _____

Course Rules:

Runners must stay on course. Any participants seen running outside the set course will be disqualified from the challenge.

Runners must attempt to complete each obstacle to the best of their ability. If a participant is seen running around or purposely avoiding an obstacle, that participant may be subject to punishment in the form of push-ups, burpees, or star jumps.

Runners should not engage in rough housing, horse-play or misconduct of any kind while on Sundown Mountain Property.

In signing below, I, _____, and any team members there to,
agree to the above terms and rules provided above. As well as any further rules, regulations
and reservations Sundown and its representatives may incur before the competition date:

Signature: _____ Date: _____

RACE DAY SEPTEMBER 29th, 2018!

Mailed submissions and payments should be postmarked no later than September 15th