



Sundown Mountain Resort

16991 Asbury Road

Dubuque, IA 52002

One registration form per runner/family.  
Please complete and return to Sundown via  
Mail or Web submission with payment.  
Sundownmtn.com

### Dirty Dash Registration

Saturday September 28, 2019

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

T-shirt Size: XS Small Medium Large XL XXL

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

**Early Registration Closes: Wed. September 18, 2019**

FULL COURSE 5K \$40/\$50	KIDS'/FAMILY 2K \$30/\$40
Timed, 5k (3.1 mile) obstacle course. Rugged, steep terrain exists.	Timed, 2K (1.2 mile) obstacle course. Rugged, steep terrain exists.

Registration - 9am  
Kids'/Family - 9:30am  
Full Course - 10:15am

Family Name: \_\_\_\_\_

Primary Contact: \_\_\_\_\_

Family Team Members (Include Ages & Gender): \_\_\_\_\_

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, 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: \_\_\_\_\_

**\*Mailed submissions and payments should be postmarked no later than September 11<sup>th</sup>\***

**Online Registration Available: Sundownmtn.com**