

24th ANNUAL FUN RUN AND WALK



**MONDAY
JULY 4th, 2022
DUNLAP, IOWA
(STARTING AT 8:00 A.M.)**

Proceeds to the Boyer Valley Wellness Center

Join in the 4th of July Fun Run and Walk on Monday, July 4th. The course is 3 miles for the run or walk. The course will start and finish at the Dunlap City Park. The kids race is for ages 2 – 10. All participants and spectators are invited to a breakfast following the event. Prizes will be awarded to the top 3 male and female finishers and all children.

SCHEDULE:

7:00 – 7:45 **CHECK IN FOR RUN/WALK**
8:00 **RUN/WALK BEGINS**
8:15 – 8:45 **CHECK IN FOR KIDS**
9:00 **KIDS RACE**

EVENT FEES:

PRIOR TO JUNE 20 (INCLUDES T-SHIRT):

ADULTS - \$20
10 & UNDER - \$10

AFTER JUNE 20 TO RACE DAY:

ADULTS - \$25
10 & UNDER - \$15

(T-Shirts will not be guaranteed for participants registering after June 20th.)

Registration forms are available at Gross & Company, fitnesssports.com or by contacting Margo Hansen at 712-263-7729 or margo@grosscpa.com

DETACH ENTRY FORM AND MAIL BY JUNE 20 TO:

July 4th Fun Run and Walk
613 Iowa Avenue
Dunlap, Iowa 51529

Questions - Call Margo Hansen @ 712-263-7729 or 712-643-5158

Where You Have the Right to B - FIT

FitnessSports
www. .com

8810 Swanson Blvd. Clive Iowa 50325
515/277-4785, Fax 515/277-3854 or 800/529-7684

Registration/Entry Form

In consideration of accepting this entry. I or my executors, heirs and administrators, do hereby release and discharge the City of Dunlap, the Dunlap Wellness Center, Dunlap Community Development Corporation, and all other volunteers from claims, damages and any actions whatsoever in connection with the Fun Run and Walk. I recognize and assume the risk inherent in running a road race, including but not limited to the risk of injury associated with strenuous physical exercise, the risk of running near traffic, the risk of uncertain running conditions and the risk of running on roads. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I certify that I am in sufficient physical condition to participate in this event. I also give permission for the free use of my name and/or pictures for publicity or solicitation.

NAME _____

Age on race day _____

Sex: Male / Female

Address _____

City _____

State _____ Zip _____

Phone _____

Email (Optional) _____

T-Shirt size: Adult: S M L XL XXL

Child: XS S M L

Emergency contact _____

Phone number _____

Signature _____

(Parents signature if under 18 years of age)

Make checks payable to Boyer Valley Wellness Center.