

# 35th Annual Spring DASH

Sunday, April 23, 2017

## Registration Information

Earlybird: Adult: \$25 | Youth: \$20 | Tot: \$8  
 After 4/8/17: Adult: \$30 | Youth: \$25 | Tot: \$10

In order to get the Earlybird Rate, mailed entries must be postmarked by Friday, April 7, 2017 and online registrations must be completed by Saturday, April 8. Youth rate for children up to age 17. Late registrants may not receive a T-shirt — so enter early!

## Three Easy Ways to Register

- 1 **Online:** [www.UnitedWayofNorthIdaho.org/SpringDash](http://www.UnitedWayofNorthIdaho.org/SpringDash)
- 2 **By Mail:** Fill out and sign an entry form for each participant. Mail with a check or money order for each entry to:  
 United Way of North Idaho  
 501 E. Lakeside Ave., Suite 3, Coeur d'Alene, ID 83814
- 3 **In Person:** Bring in payment and completed form to United Way of North Idaho, or drop off at Fleet Feet CDA or any Idaho Central Credit Union location.

Race entry fees are nonrefundable. Race will occur rain or shine! Sorry, no pets allowed.

## Bloomsday Second Seeding

Spring Dash is one of several qualifying races for Bloomsday's second seeding, a designated starting area for recreational runners age 13 years and over who meet qualifying times: Men 31:00, Women 37:00. Results will be forwarded to the Bloomsday Association.

## Check-In / Packet Pick-Up

### Fleet Feet, Coeur d'Alene, Idaho

- 511 Sherman Avenue, downtown CDA
- Friday, April 21 — Noon to 6:00 p.m.
  - Saturday, April 22 — 10:00 a.m. to 5:00 p.m.

### McEuen Park Pavilion, Coeur d'Alene, Idaho

- Sunday, April 23 — 8:00 a.m. to 9:00 a.m.

T-shirts will not be mailed. They can be picked up on packet pick-up day or prior to the start of the race. Local runners are encouraged to pick up packets early to help reduce race-day congestion.

**9:00am:** Tot Trot Start (children 10 and under, includes a T-shirt)

**9:30am:** Race Start

**10:45am:** Awards Ceremony

- 1st, 2nd & 3rd place overall male and female winners
- Most senior finisher
- 1st place in each male and female age group  
 5-10, 11-17, 18-29, 30-39, 40-49, 50-65, 65+
- All Tot Trot entrants receive participant ribbons

## Race Entries and Results

Race results can be found online at [www.UnitedWayofNorthIdaho.org](http://www.UnitedWayofNorthIdaho.org) and in the CDA Press.



## Clip and Mail

Print clearly. Please complete all fields. One entry per person.

Team Name

Last Name  First Name  Middle Initial

Mailing Address  M  F  Age (on race day)  Run/Walk  Tot Trot

City  State  Zip Code  E-Mail

Telephone  Youth  T-Shirt Size (Please Circle)  Adult

S  M  L  S  M  L  XL  XXL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release United Way of North Idaho, all race volunteers, sponsors, their representatives, employees and successors, from any claims and liabilities of any kind arising out of my participation in this event or negligence of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian if under 18 \_\_\_\_\_