



# Registration Form for Bolder Dash 5K – 1 Mile

To benefit the youth health & wellness programs of Bolder Options

August 9, 2014  
Bear Creek Park  
1237 Marion Road SE, Rochester



**Start Times:**

5k at 9:00 am  
1 Mile at 9:45 am

**Cost:**

5k: \$15.00  
1 Mile: Free

Register online or fill out registration form, include check payable to “Bolder Options” and mail to: Bolder Options, attn: Rochester Bolder Dash, 2100 Stevens Ave S, Minneapolis, MN 55404. For more info contact Rochester@bolderoptions.org.

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2014 Rochester Bolder Dash 5k & 1 mile Fun Run/Walk (Please Print Clearly)

NAME \_\_\_\_\_ EVENT ENTERING: **5k** (\$15) \_\_\_\_\_ **1 Mile** (free) \_\_\_\_\_  
ADDRESS \_\_\_\_\_ GENDER: M \_\_\_\_\_ F \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ BIRTH DATE \_\_\_\_ \ \_\_\_\_ \ \_\_\_\_ RACE DAY AGE \_\_\_\_\_  
Email (print clearly) \_\_\_\_\_ phone # \_\_\_\_\_  
ADULT UNISEX T-SHIRT SIZE (1 included w/ 5k registration): S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_  
ADDITIONAL T-SHIRT SIZE (\$10 each) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_ (additional donations gratefully accepted and fully tax deductible)

Waiver: I know that running a road race is a potentially hazardous activity which could cause injury or death. By my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, and animals are not allowed in the race and I will abide by this guideline. I hereby grant full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Bolder Options, the Rochester Track Club, the City of Rochester, the County of Olmsted, the State of Minnesota and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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Signature (Signature of parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

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