

Women In Business – Cabin Fever Scholarship Dash

Saturday, February 10, 2018

Start Time: 9 am

5K (timed) or 1 Mile Fun Run (untimed)

Lake Park Lodge, Winona MN



Proceeds support: Women In Business Vicki Decker Scholarship Program

Pre-Registration: \$22 per person by January 31, 2018 to guarantee a T-shirt on Race Day 5K
\$20 per person for groups of five or more (group forms in one envelope) 5K
\$25 race day or after January 31, 2018 (not guaranteed a T-shirt) 5K
\$10 Fun Run Only – Pre-registration by January 31, 2018 - \$13 race day reg.

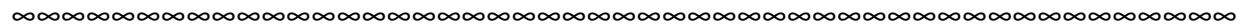
Pre-Race number and t-shirt pickup: February 9, 2018 4pm-6pm at Live Well Winona – 619 Huff Street
Race Day registration: 8am at Lake Park Lodge – Foot of Main Street and Lake Street, Winona MN

Course: East Lake Winona, out and back, flat and fast
5K Awards: 1st and 2nd place in each age division and overall winners
5K Age Groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
1 Mile Fun Run Awards: All participants receive a ribbon

All participants receive a long-sleeved t-shirt (with pre-registration) and complimentary refreshments

For additional information, please contact the Dash Committee at WIBDash@gmail.com

Tune into local radio stations and our Facebook page for weather related announcements



Registration Form: Circle: 5K or 1 Mile Fun Run **or register online at www.active.com**

Circle: Male Female Age on day of race: _____ Phone Number: _____

Name: _____ Email: _____

Address: _____

Circle Shirt Size: Adult Unisex: S M L XL XXL (please add \$2.00) or No T-Shirt Please

With my signature below, I acknowledge my understanding that participating in the Women In Business Cabin Fever Dash event, involves a strenuous activity which I am physically capable of undertaking and I represent that I have received no restrictions on such activity from any physician. I further understand that my participation in the Run/Walk involves inherent risks of personal injury and loss of property.

I hereby absolve myself, my heirs, executors and administrators, forever, all rights and claims or damage I may accrue against Women In Business and its members, the City of Winona and its employees, volunteers and any other advertised sponsor as well as individuals having connection to this event for all illness or injuries, accidents, property losses or hazardous health conditions suffered by me while participating in the race on Saturday, February 10, 2018.

I also grant to the Released Parties the right and permission to copyright and/or publish, reproduce or otherwise use my name, voice and likeness and/or written material, photographs, motion pictures and audio-visual, magnetic recording about me, as a result of, or in connection with my participation in the Women In Business Cabin Fever Dash Road Race. I agree to relinquish all rights, title and interest I may have in the finished product or the advertising copy that may be used in connection therewith and waive all rights to payment or compensation therefore.

Signature: _____ Date: _____
(parent/guardian if participant is under the age of 18)

Mail to : Women In Business Att: Dash Committee / PO Box 264 / Winona, MN 55987 Make checks payable to: **WIB Dash**