



Sundown Mountain Resort  
 16991 Asbury Road  
 Dubuque, IA 52002

One registration form per runner/team. Please complete and return this document to Sundown via US mail or Web submission, with payment.

## Dirty Dash Registration

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

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

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

Primary Phone: \_\_\_\_\_ T-shirt Size: Small Medium Large XL XXL

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

Early Registration deadlines: 8/26 & 10/11

Competition (ages 13 & up) \$40/\$50/60	Single (ages 13 & up) \$40/\$50/60	Kids (ages 12 & under) \$30/\$40/\$60	3 Person Relay (ages 13 & up) \$120/\$150/\$180	Family (all ages) \$120/\$150/\$180
Timed, 5k (3.1) mile obstacle course. Fastest runners earn prizes: -Man<30/Man>30 -Woman<30/Woman>30 *(Prizes TBA)	Timed, 5k (3.1) mile obstacle course. Rugged, steep terrain exists. Teamwork is advised.	Timed, 2k (1.2) mile obstacle course. Rugged, steep terrain exists. Teamwork is advised.	Timed, 5k (3.1) mile obstacle course. Rugged, steep terrain exists. Team-work is advised. 1 <sup>st</sup> leg: start- obstacle 5 2 <sup>nd</sup> leg: obstacle 5-obstacle 10 3 <sup>rd</sup> leg: obstacle 7-finish	Un-timed, 2k (1.2) mile) obstacle course. 3 person minimum, no maximum. Families must finish together.

Relay/ Family Name: \_\_\_\_\_ Primary Contact: \_\_\_\_\_

Relay/Family Team Members: \_\_\_\_\_

Emergency Contact 1: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact 2: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact 3: \_\_\_\_\_ Phone: \_\_\_\_\_

**Course Rules:**

- Runners must stay on course. Any runner that should be seen removing distance from the set course will be disqualified from the challenge.
- Runners must attempt to complete each obstacle to the best of their abilities. If a contestant were to be seen as to purposely avoid, run around, or detract from an obstacle; that contestant 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 October 1<sup>st</sup>\***