Jefferson Bell Tower Festival

Ding Dong Dash 5K, 10K, l Mile FUN Run

Saturday, June 9, 2018

Chip timing for 5K and 10K provided by True Time Racing!

Pre-race check-in	**7-7:45 am**
1 Mile Fun Run	**8:00 a.m.**
5K and 10K	**8:20 a.m.**

Start and Finish: Greene County Community Center, 204 W. Harrison, Jefferson, IA

CALLING ALL CANINES! NEW to this year's running of the Ding Dong Dash…bring your furry friend along with you! Proceeds from runners with their four-legged companions will go towards the new Jefferson Animal Shelter. *Please note different price for 5k/10k. *No t-shirt for 1 mile Fun Run in lieu of donation. *ALL DOGS WILL RECEIVE SCARF AND TREAT!

COURSE: The events will be run entirely on hard surfaced roadways within Jefferson - only the major intersections controlled. Caution must be taken for traffic coming from side streets and driveways. Water and first aid offered at the halfway mark of the 5K and 10K. A bicycle rider will lead the race.

AWARDS: First and second place medals for each age division will be announced after the 10K race in the Greene County Community Center Gym at approximately 9:30 a.m. Complimentary refreshments will be available immediately following the 5K/10K race on the east lawn @ the GCCC.

CONTACT: Jefferson Parks & Recreation at 515-386-3412 or email: parkrec@netins.net

ENTRY FEE: 5K/10K Run & 1 mile Fun Run $25 through June 1 and $30 after June 1 (Includes a performance t-shirt and chip timing)
Immediate Family discount: 20% off all registrations of four or more immediate family members.
Registrations after May 25 not guaranteed a T-shirt

DIVISIONS: Race day age/male and female divisions

5K Race	**10K Race**
10 & Under	14 & Under
11-14	15-18
15-18	19-29
19-29	30-39
30-39	40-49
40-49	50 & Over
50 & Over	

REGISTRATION INFORMATION

Saturday, June 9, 2018

Event: (Please check event) ❒ **5K** ❒ **10K** ❒ **Fun Run** **Fee: $25.00/person before June 1**
$30.00/person after June 1

Animal Shelter Fundraiser: ❒ **5K w/Dog** ❒ **10K w/Dog** ❒ **1 Mile w/ Dog** **Fee:** ***Add $10 for 5k/10k***

Name _____

Age (race day) _____ **Birth Date (MM/DD/YY)** _____ **Sex (M/F)** _____

Address _____ **City** _____ **State**_____ **Zip** _____

Phone_____ **Email** _____

Shirt Size (circle choice) **Youth:** **Small** **Medium** **Large**

Adult: **Small** **Medium** **Large** **X-Large**

Note: Day of race or after June 1 registrants not guaranteed a T-shirt

CHECKS PAYABLE TO "City of Jefferson"
Return form and check to:
Greene County Community Center/Ding Dong Dash
204 W. Harrison St, Jefferson, IA 50129

Please read and complete the WAIVER below.

I hereby release the Bell Tower Festival Committee, the Jefferson Area Chamber of Commerce, the City of Jefferson, Greene County, race sponsors and all employees and agents of these organizations from all claims (present and future) resulting from any injury or illness that may be sustained while participating in the Ding Dong Dash. I am satisfied that I (my child) have/has attained a level of fitness sufficient to participate safely.

Signature _____ (Contestant) Date_____
Signature _____ Date _____
(Parent or Guardian if contestant is under 18 years old)