



Monster Dash

A Twilight 5K Fun Run Fundraiser

Sponsored by **Scotland County Fitness Center**

<p>Saturday, October 26, 2019 6:30PM Scotland County R-I Schools Proceeds for Cardio Improvements</p>	<p>Rules</p> <ul style="list-style-type: none"> Participant must be in costume (mask optional but must not hinder visibility) Must run with a working flashlight Participants must be at least 15 unless in the family division
<p>Pre-Registration -- Closes October 15th</p> <ul style="list-style-type: none"> Individual--\$20.00 Family: \$ 40.00 (includes 3 shirts. Additional shirts may be purchased for \$ 15.00 Guaranteed Race T-shirt Race Packet Pick up Race Day 5pm-6pm One Entry into Drawing for SC Fitness Center Memberships 	<p>Day of Registration</p> <ul style="list-style-type: none"> Individual--\$30.00 Family Registration Fee: \$50.00 Not Guaranteed a T-shirt Race Registration Closes at 6pm One Entry into Drawing for SC Fitness Center Memberships <p>Monster Mulligan</p> <ul style="list-style-type: none"> \$5 per roll of the dice Doubles take 3 minutes off your time Amount off varies from 1 to 3 minutes.
<p>VIP Entries \$40.00 (Pre-Registration only)</p> <ul style="list-style-type: none"> Limited to the first 20. VIP will have starting line positions and Hoodie instead of a t-shirt. 	<p>Awards</p> <ul style="list-style-type: none"> Held Post Race—will not be mailed Best Time Per Division Best Time with the Monster Mulligan Per Division \$100 Cash Prize for Best Costume 3 & 6 Month SC Fitness Center Membership Drawings

<p>Divisions</p> <p>15-35</p> <p>36-59</p> <p>60+</p> <p>Family</p>
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Name: _____ **Age:** _____

Email: _____ **DOB:** _____

Size: S M L XL XXL **Monster Dash: _____ 5k RUN _____ 5k Walk**

I'm not up for the 5k but I want to participate in the mini-Monster Dash.

<ul style="list-style-type: none"> MINI-Monster Dash Registration Fee \$10.00 Registration Closes at 6PM day of race Mini-Monster best costume \$25.00 One Entry into Drawing for SC Fitness Center Memberships 	<p>Mini-Monster Dash</p> <ul style="list-style-type: none"> 1.5 mile route Not a timed Event No Race T-shirt with Entry Free may be purchased for additional fee of \$15.00
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In consideration of being accepted. I intend to be legally bound and do hereby, for myself my heirs and executors, waive and release all rights and claims for damages which I may have or which may hereinafter accrue to me against Scotland County Community Fitness Center or its respective officers, agents, volunteers, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with m participation in the Monster Dash 5K. If I should suffer injury or illness, I authorize to officials of the race to use their discretion to have me transported to a medical facility and take full responsibility for their action. I attest and verify that I am physical fit and have sufficiently trained for this memorable event. I hereby grant my full permission to any and all of the forgoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature: _____ P/G Date: _____

Mail to: SCFC PO Box 223 Memphis MO 63555 or drop off at SCFC in Memphis or Caring Communities in Edina or Lancaster