

Women In Business – Cabin Fever Scholarship Dash

Saturday, February 8, 2020

Start Time: 10k - 8:30 am, 5k & 1 Mile Fun Run – 9am

Lake Park Lodge, Winona MN

Proceeds support: Women In Business Vicki Decker Scholarship Program

Registration:	\$38	10k per person by January 27, 2020	<u>receive a shirt on Race Day</u>
	\$40	10k race day or after January 27, 2020	<u>shirt not included</u>
	\$28	5k per person by January 27, 2020	<u>receive a shirt on Race Day</u>
	\$30	5k race day or after January 27, 2020	<u>shirt not included</u>
	FREE	10k or 5k entry for all participants 10 years of age or younger	<u>shirt not included</u>
	FREE	1 mile <u>untimed</u> fun run – Pre-registration by January 27, 2020	<u>shirt not included</u>

Pre-Race number and t-shirt pickup: February 7, 2020 4pm-6pm at Nate & Ally’s, 109 E 3rd St, Winona, MN

Race Day registration: 7:30 am at Lake Park Lodge – Foot of Main Street and Lake Street, Winona MN

Course: East Lake Winona, out and back, flat and fast!

10K and 5K Awards: 1st and 2nd place in each age division and overall winners

10k and 5K Age Groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

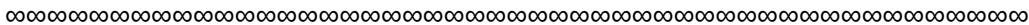
1 Mile Fun Run Awards: All participants receive a ribbon

All paying 10k and 5k participants receive a long-sleeved shirt with pre-registration by 1/27/2020

All 10 yr olds & under & 1 mile runners have option to purchase shirt during registration by 1/27/2020

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

Check our Facebook page for weather related announcements



Mail registration form or register online <https://ultrasignup.com/register.aspx?did=73228>

Circle: 10k 5K 1 Mile Fun Run

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

Name: _____ Email: _____

Address: _____

Circle Shirt Size: Adult Unisex: S M L XL XXL 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 9, 2019.

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

Mail to: Women In Business , Dash Committee , PO Box 264, Winona, MN 55987

Make checks payable to WIB Dash