

THE 2015 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR!

<p>February 22 <i>A Frosty Favourite</i></p>  <p>18th Annual "Re-Fridgee-Eighter" 8 KM or 8 Mile Run & 3 KM Fun Run RIM Park Waterloo, Ontario <i>Keep pace with your 'runny nose'</i> Supporting: </p>	<p>April 18 & 25 <i>Can you ENDURE it?</i></p>  <p>13th Annual ENDURrace 5 KM & 8 KM Running Series & 2.5 KM Fun Runs Lions Hall Elmira, Ontario <i>Two times the fun</i> Supporting: </p>	<p>May 9 <i>Ring the Bell</i></p>  <p>2nd Annual Baden Road Races 7 Mile, 5 KM & 1 KM & 200m Kids Run Wilmot Recreation Complex Baden, Ontario <i>Conquer the Tower Hill</i> Supporting: </p>	<p>May 30 <i>Spring in to Colour</i></p>  <p>3rd Annual In Running Colour 4 KM & 1 KM Fun Run Columbia Lake Waterloo, Ontario <i>The most colourful run of the Spring</i> Supporting: </p>	<p>June 21 <i>Fun In The Sun</i></p>  <p>38th Annual Waterloo Classic Road Races 10 KM, 5 KM & 3 KM Run University Stadium Waterloo, Ontario <i>It runs in the family</i> Supporting: </p>	<p>July 12 <i>Fun In The Mud</i></p>  <p>6th Annual Dirty Dash 8 KM, 4 KM, 1 KM Kids Fun Run & Dirty Dog Dash Bechtel Park Waterloo, Ontario <i>We hope it rains</i> Supporting: </p>
<p>August 9 - 16 <i>The Ultimate Challenge</i></p>  <p>13th Annual ENDURrun International 160 KM 8 Days, 7 Stages, 160 KM, 1 Tough Runner Waterloo Region, Ontario <i>The 'Tour de France' of Running</i> Supporting: </p>	<p>September 19 <i>Travel the Gravel</i></p>  <p>2nd Annual Harvest Half Marathon Quarter Marathon & Half Mile Kids Run St. Clements Community Centre St. Clements, Ontario <i>The Kenyan Way</i> Supporting: </p>	<p>September 27 <i>'Round' up Friends</i></p>  <p>8th Annual Laurier Loop 10 KM, 5 KM, 2.5 KM & Relay Road Races University Stadium Waterloo, Ontario <i>Run with the Hawks</i> Supporting: </p>	<p>October 18 <i>A Fall Classic</i></p>  <p>19th Annual Oktoberfest Run 10 KM, 5 KM & 200m Kids Run Conestoga Mall to Waterloo Memorial Recreation Complex Waterloo, Ontario <i>It's RUNdebar!</i> Supporting: </p>	<p>November 7 <i>A Run to Remember</i></p>  <p>7th Annual REMEMBERrun 11 KM, 5 KM & 2.5 KM Run Royal Canadian Legion, Preston Branch 126 Cambridge, Ontario <i>Keep The Memory Alive</i> Supporting: </p>	<p>December 12 <i>Suit Up!</i></p>  <p>4th Annual Santa Pur-suit 5 KM, 3 KM & 1 KM Fun Run Stork Family YMCA Waterloo, Ontario <i>You will have a Jolly good time</i> Supporting: </p>

6th Annual

DIRTY Dash

Sunday, July 12, 2015

8 KM, 4 KM, 1 KM Kids-Fun Run & 1 KM Dirty Dog Dash www.RunWaterloo.com



ALL PLEDGES DONATED TO
FAMILY & CHILDREN'S SERVICES OF THE WATERLOO REGION FOUNDATION

July 12, 2015 8 KM 9:00 am • 4 KM 10:00 am • 1 KM Kids 11:00 am • 1 KM Dog 11:30 am Bechtel Park, Waterloo

SPONSORED BY



PETER BENNINGER REALTY
Independently Owned & Operated Brokerage

Mike Forgrave and Associates



PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE. ONLY ONE PARTICIPANT PER FORM.

THE 2015 DIRTY DASH ENTRY AND WAIVER FORMS

Waiver, Release and Indemnification: In Consideration of your acceptance of my entry, I hereby, on behalf of myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages that I may have against the civil offices, any sponsors, additional insureds, affiliated organizations or organizers and all their respective agents and representatives as a result of my participation in this event. I specifically acknowledge that I have read the above warning and understand it, that I am physically fit and sufficiently trained to participate in this event, and that I have full knowledge of the risks involved in such participation, and fully accept such risks. I hereby agree to periodic electronic and physical mailings, and I consent to the reproduction of any photographs, video and voice recordings of the undersigned in any advertising or promotions. I understand entry fees to be non-transferable, non-deferrable, and non-refundable. By submitting this, I acknowledge having read, and understood, and agreed to the above waiver, release and indemnification. IMPORTANT NOTE: The signatory acknowledges that this event is organized and operated by THE WATERLOO 10 KM CLASSIC ROAD RACE INC., a non-share capital corporation incorporated under the laws of the Province of Ontario and all rights and remedies shall be governed accordingly.

FIRST Name

LAST Name

Street Address & Apartment #

Town

Province Postal Code Email Address

Area Code Telephone Number For Office Use Only

Sex (M/F): Age On Race Day: Preferred T-Shirt Size: (M/F - XS,S,M,L,XL)

EVENT ENTERED: 8 KM Run \$45 1 KM Kids Fun Run \$30
 (CHECK ONE ONLY) 4 KM Run \$40 1 KM Dirty Dog Dash \$25

Signature Date

This Waiver Form must be signed or your Entry will NOT be accepted. The Entrant acknowledges that entry fees are not refundable, transferable or deferrable. If the Entrant is under 18 years of age, a parent/guardian must sign this Waiver Form. The above parent/guardian consents to the Entrant's participation in the event and acknowledges that he/she is bound by the Waiver Form to the same extent as the Entrant.

TEAM CATEGORIES	TEAM NAME
Parent / Child (2 person team)	
Spouses (2 person team)	
Corporate (min 3 person team)	
School (min 3 person team)	
Open (min 5 person team)	

ONLY if entering Weight Category, check Male - 180-199 lbs Male - 200+ lbs
 Female - 150-169 lbs Female - 170+ lbs

FOR "dirty" RUNNERS, JOGGERS, WALKERS & FAMILIES OF ALL AGES & ABILITIES

[facebook.com/RunWaterloo](https://www.facebook.com/RunWaterloo)

[Twitter@RunWaterloo](https://twitter.com/RunWaterloo)

FUN IN THE MUD

It's just like any other trail race through the trails of Bechtel Park. Not! At the end of the race is a 70 foot mud pit! It's not a course to set a 4 KM or 8 KM personal best, but it will be your most fun trail race of the year! Slippery mud hills, hay bale jumps, log jump, river crossings, and a 70 foot mud pit!



**NEW FOR 2015
DIRTY DOG DASH!**

KIT & CHIP PICK UP

Race Kits Can be picked up at:
Runners' Choice, Saturday, July 11, 10:00 a.m. - 2:00 p.m.
Bechtel Park, Sunday, July 12, 7:30 a.m. - 10:45 a.m.

FOR ADDITIONAL FUN

Soak your dirty friends! Water guns will be available at the mud pit for a donation. All donations in support of Family & Children's Services.

AWARDS (8 KM & 4 KM)

Awards presented to the:

- top 3 overall Male & Female, Open & Masters (age 40+)
- top 3 Male & Female finishers in each age & weight category
- 1st place team in each Team Category
- \$100 for top Open Team, if there are at least 5 eligible Open Teams

Additional Awards will be presented to:

- MOST ORIGINAL OUTFIT** (individual and team),
- DIRTIEST** (male and female),
- BEST MUD PIT PERFORMANCE** (individual and team),
- CRAZIEST HAIR** (after mud pit),
- DIRTIEST MUG** (face) and
- MOST OUTSTANDING BELLY SLIDE**
- DIRTIEST DOG**

ENTRY FEES

8 KM \$45 **1 KM Kids Fun Run \$30 (12 & under)**
4 KM \$40 **1 KM Dirty Dog Dash \$25**

Family rate: first two members are full price, and each additional member is 50% off. For example: a family of 4 in the 4 KM is \$120.

Registration prices will increase by \$5 after online registration closes.
Please Note: Entry fees are not refundable, transferable or deferrable.

Please make cheques payable to **The Dirty Dash**.
 Send completed entry form with cheque or money order to:
The Dirty Dash
 2 WEBERLYN CRESCENT, CONESTOGO, ON N0B 1N0

REGISTRATION OPTIONS

Deadline For Mail-In or Drop-Off entries is Tuesday, July 7, 5:00 p.m. After that date, entries will be accepted on Saturday, July 11 or Sunday, July 12 as below:

Mail-In Mail your completed entry form with your entry fee to:
 2 Weberlyn Crescent, Conestogo, ON N0B 1N0

Drop-Off At *Runners' Choice*, 255 King St. N., Waterloo, by 5:00 p.m.

Online www.RunWaterloo.com until Wednesday, July 8, 6:00 p.m.

Sat. July 11 At *Runners' Choice*, 255 King St. N., Waterloo from 10:00 a.m. - 2:00 p.m.

Sun. July 12 *Bechtel Park*, Waterloo from 7:30 a.m. - 10:45 a.m.

INDIVIDUAL CATEGORIES (AGE OR WEIGHT) & TEAM CATEGORIES (8 KM & 4 KM ONLY)

AGE CATEGORIES

Up to 12	40 - 44
13 - 15	45 - 49
16 - 19	50 - 54
20 - 24	55 - 59
25 - 29	60 - 64
30 - 34	65 - 69
35 - 39	70 +

WEIGHT CATEGORIES

Male	180-199 lbs	200 + lbs
Female	150-169 lbs	170 + lbs

TEAM CATEGORIES

- Parent / Child (2 person team)
- Spouses (2 person team)
- Corporate (min 3 person team)
- School (min 3 person team)
- Open Team (min 5 person team)

DRAW PRIZES

Grand Prize Draw: Beautiful T-Shirt Quilt

Also hundreds of dollars of merchandise – everyone is eligible. Winners must be present to claim prizes.

POST RACE

Enjoy a variety of refreshments, live entertainment and draw prizes following your run.

RESULTS

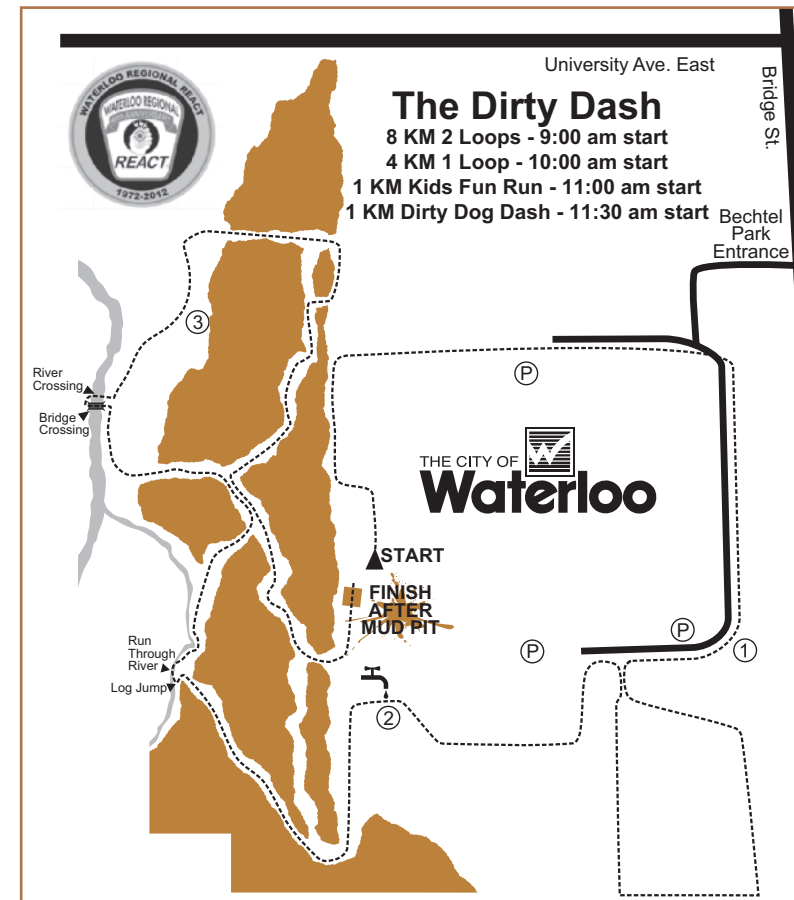
Computerized timing and race results by ChipTime Results. Results will be available race day, and after the race on the Websites:

www.roadracerresults.com www.RunWaterloo.com
www.chiptimeresults.com www.runnerschoicewat.on.ca

INFORMATION

Contact Lloyd Schmidt, Race Director:
Telephone: 226-750-0017 **Email:** info@RunWaterloo.com
Mail: 2 Weberlyn Cres., Conestogo ON N0B 1N0

COURSES - THE DIRTY DETAILS



COURSE DIRTY DETAILS

- Each KM will be clearly marked.
- Waterloo Regional REACT, First Aid and clearly identified volunteers will assist you every muddy step of the way.
- The finish line for all races is at the end of the mud pit. 8 KM participants do not go through the mud pit at the end of the first 4 KM loop.

YOUR DIRTY CHECKLIST

- Running shoes and clothes. Hint: you might not want to wear your "best" shoes or clothes during the race!
- Bag to carry home your dirty clothes.
- A towel or two.
- Change of clothing.
- Car seat covers.
- Family and friends to watch your Dirty Dash.
- Change tents for men and women.
- Outdoor showers. Mud.
- Bag Check. We hope it rains.

Directions to The Dirty Dash at Bechtel Park:
 From Hwy 401 take exit 278 (from Toronto) or exit 278B (from London) to Hwy 8 West Kitchener. Exit at Hwy 85 Waterloo. Exit at University Ave. East (first University Ave. exit). Turn right at Bridge Street. Turn right at Bechtel Park entrance.

PHOTOS

Check out our website at www.RunWaterloo.com for thousands of race photos - all free to download.

SPONSORS

The Sponsors recognized on this entry form have generously contributed financial support, products and/or services to The Dirty Dash and we encourage your ongoing support of these generous companies and organizations.

