



# Donut Dash 4K & Mini Donut Kids Run

Hosted by the Foundation for Winona Area Public Schools  
Saturday, May 9 • Winona Senior High School

Easy online registration at  
<https://runsignup.com/Race/MN/Winona/DonutDashWinona>  
OR mail or deliver this completed form with payment to:  
Foundation for WAPS, 1570 Homer Road, Winona MN 55987

Proceeds support the Foundation for WAPS and its *Forging a Future* campaign,  
benefitting the Industrial Technology Program at Winona Area Public Schools.

## Donut Dash 4K (2.5 mile) Run/Walk

- 8:00 a.m. timed race. Course is mostly on grass.
- \$25 if registered by Friday, April 24
- \$30 after April 24
- Age Groups: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- Special award to overall male & female

## 1K Mini Donut Kids Run

- 9:00 a.m. untimed run
- FREE for kids in 4<sup>th</sup> grade & under
- All 1K finishers receive a race medal

All participants enjoy a delicious Bloedow's donut &  
are guaranteed a t-shirt if registered by Friday, April 24.

First & Last Name: \_\_\_\_\_ Phone: \_\_\_\_\_

☐ Male ☐ Female Age on 5/9/2026: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Street Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please select one: ☐ Donut Dash 4K ☐ 1K Mini Donut Kids Run (4<sup>th</sup> grade & under)

T-shirt size: \_\_\_\_\_ Sizes available: Youth S-XL, Adult S-3XL, only guaranteed if registered by Friday, April 24.

**Race Waiver:** In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes. This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature, if under age 18: \_\_\_\_\_

