



2020 DWD Run/Walk

2020 Socially Distanced Walk/Run Sunday October 25, 2020 2 miles/4 miles/7miles

\$40 Registration includes a DWD t-shirt and helps support Downward Dog Yoga, a locally owned small business.

Runners & walkers will start in a staggered start, 30 seconds apart between **8am & 9am on Sunday October 25th**

Everyone is required to wear a face mask before & after races for socializing. Water will be provided at the Start/Finish, Downward Dog Yoga in Coralville.

Registration must be received by October 15th to guarantee a t-shirt.

You will receive your race start time on October 23rd.

All events start & finish at Downward Dog Yoga in Coralville
115 5th Street, Coralville, IA

All races are on paved sidewalks & trails, this event is not closed to traffic.
email with questions: info@downwarddog-yoga.com

Mail registration to: **Downward Dog Yoga 115 5th Street Coralville, IA 52241**

OR Sign up online:

https://clients.mindbodyonline.com/asp/main_shop.asp

Name: _____ Age: _____ T-shirt size: _____

Emergency Contact Name/number: _____

Appox race pace: _____ Race Distance: _____

Email: _____ Phone _____

I fully understand and acknowledge that running and exercise has inherent risks, dangers, and hazards. I hereby certify that I am aware of no medical condition that may increase my risk of illness or injury as a result of my participation. I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, or independent contractors associated with Downward Dog Yoga & Fitness or by any other person. I have read the above waiver and by signing it, agree, it is my intention to exempt and relieve Downward Dog Yoga & Fitness from liability for any personal injury, property damage, missing property or wrongful death caused by negligence or any other cause.

Signature: _____ Date: _____