

# Get Wet & Run Wild KIDS FUN RUN

**Potato Bowl 2025 | Kids Fun Run | Friday, Sept. 5, 2025**  
**1K (.62 mile) or 2K (1.24 miles) | Open to kids of all ages (up to age 14)**

Potato Bowl USA is celebrating its 59th year in the "Grand Cities." Kids of all ages are invited to join in the fun & tradition with the 15th Annual Hugo's Potato Bowl "Get Wet & Run Wild" Kids FunRun at Choice Health & Fitness. The fun-filled event will feature a course with water fun such as Safari Maze, Sprinkler Alley, Water Gun Gauntlet, Crocodile Crawl and more along the way!

Sign up today!



**HUGO'S**  
• FAMILY MARKETPLACE •

**CHOICE**  
HEALTH & FITNESS



# Youth Registration

## Potato Bowl 2025 | Kids Fun Run

**Date:** Friday, September 5, 2025

**Location:** Choice Health & Fitness | 4401 S. 11th St. Grand Forks, ND 58201 | 701.746.2790

**Ages:** Open to kids of all ages (up to age 14)

**Race Divisions:** 1K (.62 mile) or 2K (1.24 miles)

**Race Start Times:** 1K Race - 5:30 pm | 2K Race - 5:50 pm | Awards following each race.

**Race Fees:** cash or check only with form

- Now through Aug 24: \$12.00 / participant + \$5.00 (food shelf donation)
- -Aug 25th — Sept 5th: \$18.00 / participant + \$5.00 (food shelf donation)

*\*One adult may accompany each child at no charge.*

**\*Pre-Registration: Ends Sept 5th**

Mail or drop off registration form to Choice Health & Fitness.

*\***Pre-registered** participants guaranteed to receive this years special merch!*

**Race Day Registration:** 4:00 pm - 5:00 pm in Community Rooms at Choice Health & Fitness.

**Race Course Features:** Sprinkler Alley | Water Gun Gauntlet | Safari Maze | Crocodile crawl

**Things to Know:**

- Event will be held rain or shine. In the event of unsafe conditions, event may be cancelled. All entry fees will be donated to the Food Shelf. No refunds will be issued.
- Strollers are allowed on the course. No bikes, trikes, or pets please.
- All race participants and their families swim FREE at Choice Health & Fitness after the race.
- Receive a FREE 1-day Family pass to Choice Health & Fitness with a \$5.00 (Cash) food shelf donation.

**Questions:** Contact Morgan Dilworth | mdilworth.choicehf@gmail.com | 701.746.2790

## Get Wet & Run Wild Kids Fun Run | Youth Registration Form

(Fill out separate form for each child)

1k ☐ 2k ☐ (Check One)

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age on Race Day: \_\_\_\_ Gender: M F

Parent Name(s): \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

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

Parent Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Alternate Phone # (work, mobile, etc.) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Waiver: In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims, and damages I may have against the Potato Bowl Committee, Choice H&F, the sponsors, coordination groups, City of Grand Forks and any individuals associated with said event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of the event. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Parent or Guardian Signature: \_\_\_\_\_

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

### RACE DIVISION & FEES:

\$12.00 until Aug 24

\$17.00 Aug 25—Sept 5

☐ 1 K \$ \_\_\_\_\_

☐ 2 K \$ \_\_\_\_\_

☐ Food Shelf \$5.00

TOTAL \$ \_\_\_\_\_

**Make Checks Payable to:**  
Potato Bowl Kids Fun Run

Amt Collected \$ \_\_\_\_\_

BIB # \_\_\_\_\_

Initials: \_\_\_\_\_