

Get Wet & Run Wild KIDS FUN RUN

Potato Bowl 2026 | Kids Fun Run | Friday, Sept. 4, 2026
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 16th 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, Squirt Gun Alley, Sprinkler Alley, Water Gun Gauntlet, and Crocodile Crawl and more along the way!

Sign up today!



HUGO'S
• FAMILY MARKETPLACE •

CHOICE
HEALTH & FITNESS



Youth Registration

Potato Bowl 2026 | Kids Fun Run

Date: Friday, September 4, 2026

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 23: \$12.00 / participant + \$5.00 (food shelf donation)
- -Aug 24th — Sept 4th: \$18.00 / participant + \$5.00 (food shelf donation)

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

***Pre-Registration: Ends Sept 4th**

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 Isaac Olson | iolson@choicehf.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 23

\$17.00 Aug 24—Sept 4

☐ 1 K \$ _____

☐ 2 K \$ _____

☐ Food Shelf \$5.00

TOTAL \$ _____

Make Checks Payable to:
Potato Bowl Kids Fun Run

Amt Collected \$ _____

BIB # _____

Initials: _____