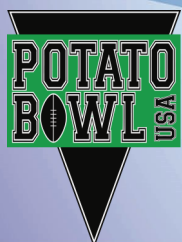


2023 **Get Wet & Run Wild** KIDS FUN RUN

Potato Bowl 2023 | Kids Fun Run | Friday, Sept. 8, 2023
1K (.62 mile) or 2K (1.24 miles) | Open to kids of all ages (up to age 14)

Potato Bowl USA is celebrating its 57th year in the "Grand Cities." Kids of all ages are invited to join in the fun & tradition with the 13th Annual Hugo's Potato Bowl "Get Wet & Run Wild" Kids Fun Run held at Choice Health & Fitness. The fun-filled event will feature a course with Safari Maze, Squirt Gun Alley, Inner Tube Hopscotch, Water Balloon Launch, and Sprinkler Sprint along the way!
Sign up today!



HUGO'S
• FAMILY MARKETPLACE •

CHOICE
HEALTH & FITNESS



Youth Registration

Potato Bowl 2023 | Kids Fun Run

Date: Friday, September 8, 2023

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 Sept. 1st: \$12.00 / participant (+ Optional \$5.00 food shelf donation)
- Sept. 2nd - Sept. 8th: \$18.00 / participant (+ Optional \$5.00 food shelf donation)

Make Checks Payable To: Potato Bowl Kids Fun Run

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

***Pre-Registration: ENDS FRIDAY, SEPTEMBER 8th.**

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

****Pre-registered** participants guaranteed to receive an Animal Baseball Cap.*

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

Race Course Features: Inner Tube Hopscotch | Sprinkler Sprint | Squirt Gun Alley | Safari Maze

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 Julie Kirkeby | jkirkeby@choicehf.com | 701.746.2790

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

{ PLEASE FILL OUT SEPARATE FORM FOR EACH CHILD }

☐ 1 K ☐ 2 K (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 | July 1- Sept. 1

\$18.00 | Sept. 2 - 8

☐ 1 K \$ _____

☐ 2 K \$ _____

☐ Food Shelf \$5.00

TOTAL \$ _____

Make Checks Payable to:
Potato Bowl Kids Fun Run

Amt Collected \$ _____

BIB # _____

Initials: _____