



ELEMENTAL PERFORMANCE + FITNESS

ABOUT THE RACE: Previously known as the Wild Iris Mountain Run, Elemental Performance & Fitness is proud to host the re-named 9th Annual Dolomite Dash Trail Run in 2016. This race is held in conjunction with the International Climbers' Festival and is an incredibly scenic and challenging event. For more information visit lmntl.net

DATE: Saturday July 16, 2016

TIME: 6:30AM – Day of registration opens at Wild Iris Climbers' Main Parking Lot

7AM – 21km Race Start

7:30AM – 10km & 5k Race Starts

8:30AM – International Climbers' Festival Crag Breakfast

REGISTRATION: Please go to Active.com or fill out the paper form attached and return to Elemental Performance & Fitness located at 134 Lincoln Street Lander, WY 82520.

Distance:	Pre-Registration Price:	Day-of Price:
5km	\$20	\$30
10km	\$30	\$40
21km	\$40	\$50

PRE-REGISTRATION PACKET PICK UP & REGISTRATION: Online registration closes on July 13th at 5pm. After the 13th, you need to register in person at EPF or at packet pickup which will be available on Friday, July 15th from 4-6pm at the Dolomite Dash table in Lander City Park. City Park is located on Fremont Street and South 3rd. The International Climbers' Festival Trade Fair is located in the back of the park near the Lions Club Picnic Shelter.

IMPORTANT NOTE: We cannot guarantee that you will receive a t-shirt for any registrations received AFTER JULY 1st. Thank you for your understanding.

DRIVING DIRECTIONS: To reach the Wild Iris Climbers' Main Parking Lot, drive southeast out of Lander on Main Street/Highway 287/28. Continue on Highway 28 for about 24 miles (near milepost 53), take a right on the dirt Limestone Mountain Road (Forest Service Road 327). Take this road for 1.3 miles to a fork. Take the right fork, switchback up the hill, and park on the left as you crest the ridge (0.8 miles past the fork). There will be a porta-john and one USFS bathroom for your use. Driving time is at least 30 minutes to drive from Lander to the Wild Iris Climbers' Main Parking Lot.

Questions? Contact ellen@elementalgym.com

Elemental Performance + Fitness

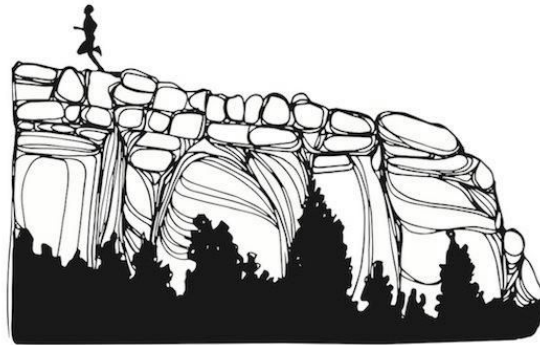
134 Lincoln Street

Lander, WY 82520

307-332-0480

PLEASE KEEP THIS PAGE FOR YOUR REFERENCE

DOLOMITE DASH ENTRY FORM AND WAIVER



DOLOMITE DASH

LANDER WY

I, _____ acting for myself and, (if applicable) as the legal parent or guardian of _____ (name and age of participating minor) hereby release sponsors and organizers of the Dolomite Dash Trail Run from any claims for damages or injuries suffered as a result of my and/or my child's/children's participation in this event and waive any claim that I or my child/children might have against the sponsors and organizers for damages arising out of or in any way relating to my or my child's/children's participation in this event. I hereby consent to and permit and accept the responsibility for emergency medical treatment in the event of injury or illness suffered by myself and/or my child/children. I grant Elemental Training Center, Inc. dba Elemental Performance + Fitness the right to use and incorporate, in whole or in part, photographs or video taken of myself and/or my child/children for use in Elemental Training Center, Inc. dba Elemental Performance + Fitness materials and waive any right to royalties or other compensation related to use of those photographs or videos.

DATE: _____ SIGNATURE: (required for ALL entries): _____
(If you are under 18 years, signature of PARENT or GUARDIAN is required)

NAME: (please print): _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: () _____

EMAIL: _____

GENDER: (please circle) FEMALE MALE YOUR AGE ON RACE DAY: _____

RACE DISTANCE: (please circle one) 5K 10K 21K

SHIRT SIZE: (please circle one)

Men's Small

Men's Medium

Men's Large

Men's X-Large

Women's Small

Women's Medium

Women's Large

Women's X-Large

Kid's X-Small

Kid's Small

Kid's Medium

Kid's Large

PLEASE RETURN THIS FORM AND PAYMENT TO

Elemental Performance + Fitness

134 Lincoln Street

Lander, WY 82520

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