



\$20
REGISTRATION

THE DAM 5K

RUN/WALK

& BBQ BOOT CAMP

RUN | REFUEL | REPEAT - POWERED BY PROTEIN

SATURDAY, JULY 18TH AT LAKE TSCHIDA WELCOME CENTER

8:00 AM REGISTRATION | 8:30 AM 5K RUN/WALK STARTS

10:30 AM BBQ BOOT CAMP STARTS | LUNCH IS SERVED 11:00 AM - 1:00 PM

ALL TIMES ARE MOUNTAIN TIME

BRING THE FAMILY FOR A FUN COMMUNITY EVENT STARTING WITH THE DAM 5K WALK/RUN AND FOLLOW WITH A BBQ BOOT CAMP LUNCH! BBQ BOOT CAMP STATIONS WILL INCLUDE: SEASONINGS + FLAVOR, GRILLING, CUTS, AND THE SCIENCE OF SMOKING MEAT

\$15 Pre-registration for Dam 5K Run/Walk (\$30 late registration after June 26th)
\$15 Pre-registration for BBQ Boot Camp (Pre-registration is required by June 26th)
Or \$20 Pre-Registration for both (by June 26th) 12 and under are FREE

PRIZES * RACE DAY T-SHIRTS * FAMILY GAMES * LUNCH

FOR MORE INFORMATION AND TO GET REGISTERED VISIT:

www.ag.ndsu.edu/grantcountyextension

or Call 701-622-3470

OR DROP US AN EMAIL AT: donna.vandenburg@ndsu.edu

Or sign up at: <https://tinyurl.com/5kBBQBootCamp>



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