



MORE INFO

[WHERE IS THE DIRTY DASH? \(SEE "MAPS" PAGE\)](#)

WHEN IS THE DIRTY DASH?

The Dirty Dash Salt Lake City 5K - Saturday, June 4, 2011 - Waves begin at 9:00 A.M.

The Dirty Dash Seattle 10K - Saturday, July 9th, 2011 - Waves begin at 9:00 A.M.

The Dirty Dash Billings 5K - Saturday, July 30th, 2011 - Waves begin at 9:00 A.M.

The Dirty Dash Spokane 10K - Saturday, August 20th, 2011 - Waves begin at 9:00 A.M.

The Dirty Dash Boise 10K - Saturday, August 27, 2011 - Waves begin at 9:00 A.M.

The Dirty Dash Salt Lake City 10K (with 5K Shortcut!)- Saturday, September 17, 2011 - Waves begin at 9:00 A.M. and Saturday, September 24, 2011 - Waves begin at 9:00 A.M.

The [O.Zone Fitness Dirty Dash Corporate Cup](#) Salt Lake City 5K - Saturday, September 24, 2011 - Waves begin at 3:30 P.M.

The Dirty Dash starts at 9:00AM with solo waves followed by the team waves. There will be a break for the Piglet Plunge around noon and the kids will run between 12:30PM and 1:00PM. The afternoon session will begin with more solo waves followed by team waves again. The parking lot opens at 7:00 A.M. Arrive an hour or so before your start time in order to relax, stretch, shake out the pre-race jitters, and size up the competition; be prepared without a last minute rush.

The [O.Zone Fitness Dirty Dash Corporate Cup](#) in Salt Lake City starts at 3:30 P.M. with only team waves. Teams can be anywhere from 5-20 people.

HOW DOES THE O.ZONE FITNESS DIRTY DASH CORPORATE CUP WORK?

The Corporate Cup is a 5K team race in Salt Lake City that will include waves from 3:30 - 5:30 pm on September 24, 2011. The winning team will get serious bragging rights, a big ol' trophy to keep in their office for the year (like the Stanley Cup though, that baby has to be earned year after year), free entry to next year's Corporate Cup, 3 months of free services from O.Zone Fitness and custom t-shirts. Not too shabby.

When your company registers, you'll be competing against some heavy hitters in the area, including:

Fusion-io	Sprint	Monavie	Peak Performance US Army	
Skywest	Ivory Homes	Comcast	Snowbird	United Airline
Corporate Alliance	Rio Tinto	Prosper	Strayer University	Zions Bank
Home Depot	Wells Fargo	Presidio Wealth Mgmt	Alphagraphics	Sam's Club
Utah Blaze	Sandy City	Draper City	Fox 13	Capitol Comms
Murray City	Kohl's	Key Bank	Car Concepts	Keller Williams
IMG / Motor Group	Miller Group	Farmers Insurance	Corner Bakery	Daily Bread
Advanced MD	Jason's Deli	US Bank	Real Salt Lake	IFA

The Corporate Cup is for those of you with a White Collar.....and Brown Underwear. Besides the mudslinging, we'll be dishing out some additional awards specific to the Corporate Cup:

- Most Expensive Suit Wrecked
- Ugly Tie Award
- Best Team Costume
- Dirtiest Boss (in a non-sexual harassment sense....c'mon!)

CAN I EDIT MY INFO ONLINE?

Yes. Go here and login with your team captain's info if you are on a team or your info if you are running individually.

www.thedirtydash.com/regedit

WHERE IS THE WAIVER AND WHAT DO I DO WITH IT?

We love the environment so you can sign the waiver online! Please follow the instructions above about editing info and you will see an area where you can send the waiver to yourself and all of your teammates.

WHERE IS PACKET PICK-UP?

The Dirty Dash Spokane 10K -

Thurs 8/18 from 11-7 pm

[REI Spokane](#)

1125 N Monroe St, Spokane, WA
Fri 8/19 from 11-7 pm
[Mountain Gear](#)
 2002 North Division St., Spokane, WA

The Dirty Dash Boise 10K -
Thurs 8/25 and Fri 8/26 from 11-7 pm
[Golds Gym Parkcenter](#)
 801 E. Parkcenter Blvd, Boise, ID

The Dirty Dash Salt Lake City 10K (with 5K Shortcut!) and O.Zone Fitness Dirty Dash Corporate Cup - TBD

ANY RECOMMENDATIONS ON ACCOMMODATIONS?

The Dirty Dash Salt Lake City 5K & 10K - (phone numbers will get you Dirty Dash rates)
[Homestead Resort](#) - 1-800-327-7220 - \$99 for Std Guest Rooms
[Zermatt Resort](#) - 1-866-808-1230 - \$109 for Alpine Std Guest Rooms

The Dirty Dash Billings 5K -
[Best Western Clock Tower](#) - 1-800-628-9081 - \$79.99 for Single or Double-bedded room (just mention you are a Dirty Dasher)
[Boothill Inn & Suites](#) - 1-866-BOOTHILL - 10% off room rate when you mention The Dirty Dash

The Dirty Dash Spokane 10K -
[Red Lion Hotel at the Park](#) - 1-800-RED-LION - \$94, request The Dirty Dash Spokane rate

The Dirty Dash Boise 10K -
[Owyhee Plaza Hotel](#) - 1-800-343-4611 - \$62 for poolside, \$72 for main building, request The Dirty Dash rate when calling

HOW FAR IS THE DIRTY DASH?

5 or 10 kilometers...or for you Americans...3.1 or 6.2 miles...and don't forget the Piglet Plunge...a short fun mud run for kids 12 and under.

HOW DOES THE TEAM RACE WORK?

Team Race: Each member of the 5 to 20 person team runs the entire course and may help each other along. If you decide to run ahead of your team, there will be a waiting area for faster team members (before the final mud pit) where you will reunite as a team. The clock stops when the entire team crosses the finish line together. Any team that does not have all team members finishing at the same time will be subject to public shaming. Rules for celebration are undefined. Feel free to clasp hands, smack bottoms, or open mouth kiss.

Individual Race: The individual division is run with all other individual participants prior to the team division start.

IS THERE AN AGE LIMIT?

Yes. If you are over the age of 106...we will not allow you to run. As for an AGE MINIMUM..if you are under 14 you must have an adult running with you the entire race and sign the waiver. The age limit for the Piglet Plunge is 12 years old.

CAN I VOLUNTEER?

If you or anyone you know is looking to work some long hours without pay...COME BE A DIRTY DASH GRUNT! (Volunteer) Email grunts@thedirtydash.com for details.

WHO WILL BE BENEFITTING FROM THIS RUN?

The Dirty Dash will be benefiting your cardiovascular system, body image, the Soldier Hollow Legacy Foundation (Salt Lake City), the YMCA (Spokane, Boise, and Billings), Hopelink (Seattle) and The Leukemia & Lymphoma Society (Salt Lake City). All races will also have a HOG WASH where you can purchase balloons to throw at the participants which will benefit a small local charity.

WILL THERE BE SOMEONE TAKING PHOTOS?

Yes. The Dirty Dash is sure to be one of the best photo opps of 2011, but also one of the surest ways to lose your camera in the mud. To solve this dilemma we have enlisted a team of professional photographers (with expensive equipment and liberal insurance policies) to crawl into the trenches and do the dirty work for you. Flo-Foto (www.flo-foto.com) will have their photographers positioned throughout the sloppiest sections of the course in order to capture every individual and team in their dirtiest, sloppiest moments. The filthy photos will then be swiftly posted on the web (where else?) to view for free or purchase at literally nickels on the dollar. Please put your race numbers on the FRONT if you want your pictures.

WHAT SHOULD I BRING?

Bring a towel, a bag for your dirty clothes and shoes, and a smile. We will have a way for you to clean off...so don't worry about your car on the drive home.

WHAT IF IT RAINS?

If you're asking this question, shame on you, your glass is half empty. If it rains, even better, more mud! The Dirty Dash goes on, rain or shine.

CAN WE WEAR COSTUMES?

Of course! We encourage it. There will also be some fun awards. As we walk around we will be looking for winners for:

The Dirty Dash Dirty 'Stache Award

The Dirty Dash Mud-Runway Award

The Dirty Dash Cleanest Name Award

The Dirty Dash Filthiest Family Award

WILL YOU HAVE A KID'S DIRTY DASH?

Yes. The Piglet Plunge will be the highlight of your child's life to this point. They must be over age 2 and under age 12 to run in the kid's race. You must accompany your child during the race. Registration is \$5 online at the same time as a normal registration, at packet pick-up or on the day of the event at the race headquarters. The race will be about 1 Mile and include the Slop n' Slide, Hog Wash and Pig Sty. All children must be respectful of other children, pushing or splashing will result in being removed from the kid's race area for the day and subject to grounding at their parent's discretion. We are limiting the Piglet Plunge to 1,500 kids. You will also need to sign a waiver for them before they will receive a sweet Dirty Dash Tattoo (temporary of course) to show that they can participate on race day. It should probably begin between 12:30pm and 1pm.

CAN I JUST COME AND WATCH?

Feel free to walk around and view the race course. We will also have water balloons available for purchase. All the money goes to charity and you get to throw the balloons at the participants during the "HOG WASH"!

WILL YOU HAVE ENTERTAINMENT DURING AND AFTER THE RACE?

This whole race is entertainment! Check out the mud pit for some awesome mud dives and the Piglet Plunge fun run. We will also have other fun activities after the race.

