



# WASHINGTON COMMUNITY SCHOOLS DEMON DASH FOR CASH 5K/MILE RUN



April 18, 2009

**Location:** Washington Jr. High School  
1111 South Avenue B  
Washington, IA 52353

**Mail bottom section to: DEMON DASH FOR CASH**  
Washington Community School District  
PO Box 926  
404 West Main  
Washington, IA 52353

**Time:** Race- 9:00 AM      Race Day Registration- 8:00AM

**Groups:** 10 and under, 11-18, 19-29, 30-39, 40-49, 50-59 and 60+  
All groups include Male and Female

**Awards:** Trophy for overall male and female winner- 5K Run/Walk  
Medals for 1<sup>st</sup> and 2<sup>nd</sup>, male and female, in each age group- 5K Run/Walk

Grade Trophy (Grade with highest % participants- One trophy for Stewart, Lincoln, Jr. High and High School)

**Questions:** Direct all questions to Teri Hartzler, Bodywrx Fitness- 319-653-6500 Or e-mail- [info@bodywrxfitness.com](mailto:info@bodywrxfitness.com)

(Make checks payable to **DEMON DASH FOR CASH**)- All proceeds will be used to purchase books for the Washington Schools Media Centers/Libraries (Money will be split between the four schools)

Last Name: \_\_\_\_\_ First name: \_\_\_\_\_

Parent Name (If under 18): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

RACE (Circle One)    5 K      1 Mile run/walk                      Age on day of race: \_\_\_\_\_    M    F

T-Shirt Size (Circle One)    **CHILD**    M    L                      **ADULT**    S    M    L    XL    XXL

**Washington CSD Students and Teachers (List grade for students and teachers below)**

Stewart Elementary Grade	Lincoln Elementary Grade	Jr. High Grade	High School Grade
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**Circle appropriate entry fee- One registration per participant**

Registration Postmark (No refunds)	Adult	Washington CSD Teacher (Pre K-12)	Student	Family (Up to 4- After that \$7 per person) Send all family reg in same envelope	Total
Postmarked by April 11 (T-Shirt guaranteed)	<b>\$20</b>	\$15	\$10	\$40	
After April 11 or Race Day (No-Shirt) Registration 8 AM	\$25	\$20	\$15	\$45	
Unable to participate, donations welcome \$ _____					

Wavier: I certify to the best of my knowledge that I am physically fit and have no medical condition that could likely worsen by participation in this event. I am fully aware and assume all risks associated with participation in this event. I am fully aware that the race is run on public streets and highways and that limited traffic control will be provided and that participation could be hazardous. I understand running with headphones, dogs, and strollers is considered hazardous to my safety and sponsoring organizations and entities have recommended against it. In participating with headphones, dogs, strollers, etc., I assume responsibility for the risks involved. In consideration of this entry, I hereby for myself, my heirs, executors, assigns and administrators, waive and release and all rights and claims against the race committee, Washington Community Schools, City of Washington, Washington County, officials and volunteers associated with the race and event, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from race or event

Signature: \_\_\_\_\_ (if under 18 years of age, parent or legal guardian)