



Dashing Dragons

5 WEEK 5K TRAINING *Fall Session* at Damascus Elementary School

SPONSORED BY THE DES PTA

Mondays and Wednesdays from 8:00 am to 9:00 am

October 3rd through November 7th

We will not meet on Monday, October 8 because of Pastries with Parents.

Please drop your child off at the blacktop behind the school by 8:00 am.

Fee: ONLY \$25 per student (\$20 for each additional sibling)

Your fee includes race training, a post season party,
and a Dashing Dragons T-Shirt for your student! ☺

Instructors: Jennifer Marcano, Anna Egan, Christine Derby & Melissa North

Learn to run, get exercise, boost self-esteem, make healthy choices, and have fun!!

*no experience needed!

*All grades are invited but space is limited!

*First come first served!

This exciting program will have you ready to run or walk a 5k by November 10.

We will be running the Educate Girls Superhero 5K in Frederick MD.

<http://racinemultisports.com/educate-girls-superhero-5k/>

Your child will need a Buddy Runner for the race.

A Race Fee of \$30 Per Participant will be paid directly to the Educate Girls Superhero 5K.

For more information, please contact Christine Derby derbyjc@bellatlantic.net or

Jennifer Marcano at marcano.jen@gmail.com

Unfortunately, we do not have use of the gym. If it is raining, we let you know by e-mail by 7am if practice is cancelled. We will not make up missed practices.

Registration Form

Student's Name: _____ Grade: _____ Shirt Size: Youth XS S M L XL

Please circle

Parent's Name: _____ Phone#: _____ Email: _____

My Child will be running the **5K** Race and I would like to receive more information _____

My child will only be participating in the training session _____

My child attends KidsCo before-school. _____

My child has permission to have healthy snacks at our post season party. _____

Food Allergies: _____

*Participants assume all the risks in participating in before school running/walking at Damascus Elementary School. Participants, parents and legal guardians of participants will not hold sponsors of this program including instructors and DES PTA responsible in case of injuries or accidents. Participants must carry their own health and medical insurances. Also full participation through the end of session is expected.

Parent's (or legal guardian's) Signature: _____

Please make your check payable to DES PTA