



# Cougar Dash 5K

Sponsored by the Coventry Elementary PTA

## Saturday, March 24

Starting point: Coventry Elementary School

200 Owen Davis Blvd, Yorktown, 23693

## REGISTRATION FORM

### Cougar Dash 5K

(all ages)

Cougar Dash 5K starts @ 9:00 a.m.

All fees are non-refundable.

Before February 24: **\$25**

Starting February 24: **\$30**

### 1 Mile Fun Run

(ages 7 & younger)

1 Mile Fun Run starts @ 8:30 a.m.

All fees are non-refundable.

Before February 24: **\$15**

Starting February 24: **\$20**

### Purpose

Funds from the race are used by the Coventry Elementary PTA to directly benefit our children, school and community. They provide a variety of educational resources and finance programs such as field trips, assemblies, books, and equipment. PTA sponsored programs not only improve the school and community but help provide enrichment activities for families.

### To Register

Complete this form and return it to Coventry Elementary School, or register online at:

[runsignup.com/race/va/yorktown/cougardash5k](https://runsignup.com/race/va/yorktown/cougardash5k)

### Packet Pickup

**Friday, March 23 from 5–8 p.m. at the CES Gym**

Several exhibitors will be set up during registration for the public.

Unable to pick up your packet on Friday? Email Mr. Gibson ([jgibson@ycsd.york.va.us](mailto:jgibson@ycsd.york.va.us))

to schedule an alternate time for Thursday, March 23.

Alternate times include 8–8:30 a.m. or 3:45–4:30 p.m.

*Only the participants that register before Saturday, March 17 will be guaranteed a shirt and medal.*

### Awards

*Top four finishers, male and female, in the 5K will be awarded the following:*

#### Male

1st Place: \$50 Gift Certificate to Uno Pizzeria and Grill

2nd Place: \$37 Target Gift Card

3rd Place: \$25 Costco Gift Card

4th Place: \$10 Point 2 Running Gift Card

#### Female

1st Place: \$50 Gift Certificate to Uno Pizzeria and Grill

2nd Place: 60 Minute Massage Gift Certificate

3rd Place: 30 Minute Massage Gift Certificate

4th Place: Honey Facial & Paraffin Dip of the Hands and Feet

\*Awards may change depending upon donations

### Form

*Please use one form per participant, and please print clearly.*

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Gender:  M  F

Shirt Size:  Youth Small  Youth Medium  Youth Large  Youth X-Large  I do not want a shirt  
 Adult Small  Adult Medium  Adult Large  Adult X-Large  I do not want a medal  Other \_\_\_\_\_

I will participate in the following event:

5K Run/Walk  1 Mile Fun Run

*Please make all checks payable to Coventry Elementary PTA.*

I, hereby for myself and my heirs, waive any and all rights for claims on this event in case of injury. I also release and hold harmless any sponsors, volunteers, and organizers of this event. I, by signing below, specify that I am in acceptable shape and medical condition to compete in this event.

Participant's Signature: \_\_\_\_\_

(Parent/Guardian's signature is participant is less than 18 years of age) \_\_\_\_\_



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Registrations & Exhibit: Friday, March 23 from 5-8 p.m.

## EXHIBITORS FORM

Dear Parents/Guardians,

The Coventry Elementary PTA will host its inaugural 5K run on Saturday, March 24! This means registered participants will pick up their race packets on Friday, March 23, between 5–8 p.m. in the gym at Coventry Elementary School. We would like to see several exhibitors set up during packet pick-up for visitors to shop, peruse, learn, and enjoy.

Anyone interested in setting up a showcase is welcome! Business ownership or affiliation is not required, although it's a wonderful opportunity to spread your company name. Examples of exhibitors include Pampered Chef, Thirty-One, fitness apparel stores, massage therapists, day salons, Girl/Boy Scouts, martial arts schools, Tropical Smoothie, Vitamin Shoppe, and face painting.

Coventry will provide a 6 ft. x 2.5 ft. table for each showcase. Each table costs \$20. However, if you sponsor the race, the table is free. Please pass this information along to any potential exhibitor.

For more information, please fill out the bottom form and return it to the main office at Coventry Elementary School or to Mr. Gibson ([jgibson@ycsd.york.va.us](mailto:jgibson@ycsd.york.va.us)).

*Please make all checks payable to Coventry Elementary PTA.*

Cut Here

*Please print clearly*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Company Name (*not required*): \_\_\_\_\_ Company Website (*not required*): \_\_\_\_\_

What will you be exhibiting: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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## VOLUNTEER FORM

### Volunteer Now

- Find sponsors
- Find exhibitors
- Help advertise for the race
- Log participant information
- Organize race packets

### Volunteer Friday, March 23

- Pass out race packets (5–8 p.m.)
- Monitor games (5–8 p.m.)

### Volunteer Saturday, March 24

- |   |   |
|---|---|
| <input type="checkbox"/> Pass out medals                      | <input type="checkbox"/> Setup cones before the race  |
| <input type="checkbox"/> Pass out water at the finish Line    | <input type="checkbox"/> Water station                |
| <input type="checkbox"/> Pass out bananas at the finish line  | <input type="checkbox"/> Hair spray station           |
| <input type="checkbox"/> Setup the water stations             | <input type="checkbox"/> Setup the start/finish line  |
| <input type="checkbox"/> Take down the start/finish line      | <input type="checkbox"/> Collect cones after the race |
| <input type="checkbox"/> Pickup any trash                     | <input type="checkbox"/> Take pictures                |
| <input type="checkbox"/> Direct the participants where to run | <input type="checkbox"/> Pace the race using a bike   |
| <input type="checkbox"/> Face painter                         | <input type="checkbox"/> Announcer                    |
| <input type="checkbox"/> Monitor inflatables                  |   |

### Items Needed

Please check what you can bring, and deliver it to CES as soon as possible.

- 9 oz. Dixie cups       Face paint       Blue hairspray       Yellow hairspray       16 oz. Blue SOLO cups

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Child's Name: \_\_\_\_\_