



Cougar Dash 5K

Sponsored by the Coventry Elementary PTA

Saturday, March 25 at 9 a.m.

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 25: **\$25**

Starting February 25: **\$30**

1 Mile Fun Run

(ages 7 & younger)

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

All fees are non-refundable.

Before February 25: **\$10**

Starting February 25: **\$15**

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

Packet Pickup

Friday, March 24 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) 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 first 300 participants to register are guaranteed a shirt and medal.

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)

Donations

Are you not able to participate in the race but still would like to contribute to Coventry Elementary School? You may buy a golden cut out shoe for \$20 or a blue cut out shoe for \$10. We will write your family name on the shoe and post it in the foyer at the front of Coventry Elementary School.

☐ \$20 Gold Shoe ☐ \$10 Blue Shoe Family Name: _____



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EXHIBITORS FORM

Dear Parents/Guardians,

The Coventry Elementary PTA will host its inaugural 5K run on Saturday, March 25! This means registered participants will pick up their race packets on Friday, March 24, 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).

Please make all checks payable to Coventry Elementary PTA.

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Please print clearly

Name: _____ Email: _____

Phone: _____

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 24

- ☐ Pass out race packets (5-8 p.m.)

Volunteer Saturday, March 25

- | | |
|---------------------------------------------------------------|-------------------------------------------------------|
| <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 | |

Items Needed

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

- | | | | |
|-------------------------------------------|-------------------------------------|-----------------------------------------|-------------------------------------------|
| <input type="checkbox"/> 9 oz. Dixie cups | <input type="checkbox"/> Face paint | <input type="checkbox"/> Blue hairspray | <input type="checkbox"/> Yellow hairspray |
|-------------------------------------------|-------------------------------------|-----------------------------------------|-------------------------------------------|

Name: _____ Email: _____

Phone: _____ Child's Name: _____