

# Washington Community Schools & YMCA of Washington County



## DEMON DASH "FUN RUN"

4 or 1 MILE RUN/WALK

"DECADE DASH"

Saturday April 7th, 2018



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

**Mail bottom section to:** DEMON DASH  
Washington Comm. School Central Office  
PO Box 926, 404 West Main  
Washington, IA 52353

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

**Breakfast and t-shirt included in registration fee.**

**Breakfast will be provided by the WHS PTO group in the High School commons.**

To receive T-shirt on race day, registration must be in by March 29<sup>th</sup>. Shirts ordered on race day must be picked up at the YMCA, 121 E. Main St, upon notification.

**Special award for participants completing a "DECADE" of Demon Dash Events!!**

**Wear your Orange and Black!!!**

This will be a "FUN RUN" with all proceeds supporting the improvement of our youth's health and physical education. Time clock will be available, but no recorded times.

**Contact:** Teri Hartzler, YCMA Fitness Coordinator, 319-653-2141 or e-mail [thartzler@washingtonty.org](mailto:thartzler@washingtonty.org)  
(Make checks payable to **DEMON DASH**) - Money will be split between the four schools and the YMCA.

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

Parent Name (If under 18): \_\_\_\_\_ RACE (Circle One)    4 Mile    1 Mile

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

Phone # \_\_\_\_\_ Email \_\_\_\_\_ Age: \_\_\_\_\_ M / F

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

Have you participated in all 10 DEMON DASH events?    Y / N    If not, how many including 2018 \_\_\_\_\_

**Registration:    Adult \$25    Student \$10    Family \$50 (up to 4 – additional \$10 per person)**

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 all rights and claims against the race committee, Washington Community Schools, YMCA of Washington County, 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)