

Washington Community Schools & YMCA of Washington County

DEMON DASH “FUN RUN”

4 MILE RUN/WALK or 1 MILE OBSTACLE RUN

Saturday May 11, 2019

Race Day Registration: 8:00AM

Race Time: 9:00 AM

Breakfast and t-shirt included in registration fee.

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

Direct All Questions To: Teri Hartzler, 319-653-2141, or e-mail thartzler@washingtoney.org

Money will be split between the four schools and the YMCA.

Entry forms for the Demon Dash for Cash can be obtained from the office of the four schools (High School, Jr. High, Lincoln and Stewart), Central Office or by clicking the link below.

[Demon Dash Registration Form 2019](#)

[Demon Dash Video](#)

2016 Race Information:

[Demon Dash 2016 Race Results](#)

2015 Race Information:

[Demon Dash 2015 Sponsors](#)

[Demon Dash 2015 Race Results](#)

2014 Race Information:

[Demon Dash 2014 Sponsors](#)

[Demon Dash Results](#)

2013 Race Information:

RACE RESULTS

[1 Mile](#) [4 Mile](#)

2012 Race Information:

[Demon Dash 2012 1 Mile List Results](#)

[Demon Dash 2012 5k List Results](#)

[Demon Dash 2012 Division Results](#)

[Demon Dash for Cash 2012 Entry Form](#)

[Online Registration](#)

[Demon Dash 2012 Contributions](#)

2011 Race Information:

[Demon Dash for Cash 2011 Race Results](#)

2010 Race Information:

The Demon Dash committee would like to extend a sincere THANK YOU to all the following supporters. Your contributions will help in educating our students about the importance of physical fitness and living a healthy lifestyle. We would also like to thank all the Run/Walkers that came out to join in the fun. Your support is greatly appreciated!

Demon Dash 5K Run/Walk was held on April 17, 2010 . 172 run/walkers showed up to complete the 1 or 3 mile course. The National Guard, Air Force and Army provided fun activities for everyone following the race. The Lions Club offered food and beverages to the participants. First place male was Dave Mitchell at 19:15 and first place female was Shawn Loy at 20:25. The event brought in over \$7000. Proceeds will be divided among all four Washington Community Schools and used to promote physical fitness programs for our students.

[DDFC 2010 Results](#)

[DDFC 2010 Contributors](#)

2009 Race Information:

The Demon Dash 4 Cash raised a grand total of \$5748.41 !!!!! This amount has been divided equally to each school's media centers for the purchasing of additional student books! Thanks to everyone who participated and those who made this event happen!

[Click here for the Race Results](#)

[Click here for a list of sponsors](#)

[Click here to view photos from the race](#)