



Dragon Dash 5K

& 1 Mile Family Fun Run

INFORMATION SHEET

We are excited to host this community wide, family fun event to promote health, wellness and mobility for the entire family. Please join us and bring your family and colleagues in supporting this worthy cause.



RACE INFORMATION

WHEN: SATURDAY, JANUARY 19, 2013

WHERE: ALFRED B. MACLAY STATE GARDENS (3540 Thomasville Rd Tallahassee, FL 32309)

1 MILE RUN BEGINS: 9:00AM

5K RUN BEGINS: 9:30AM

PLEASE NOTE: ENTRANCE FEE TO STATE PARK WILL APPLY

5K & 1 MILE FUN RUN REGISTRATION INFORMATION

REGISTRATION FEES: EARLY REGISTRATION LASTS THRU DECEMBER 14TH

EARLY REGISTRATION RATES (REGULAR RATES):

INDIVIDUAL (age 18 and over): \$15 (20)

STUDENT (grades K-12): \$10 (15)

TEAM (5 OR MORE): \$100 (130)

FAMILY (parents and kids age 18 and under): \$50 (75)

ONSITE REGISTRATION: JANUARY 19TH BEGINS AT 8:00AM

1ST 200 REGISTRANTS WILL RECEIVE FREE T-SHIRT

5K AWARDS WILL BE GIVEN TO A RANGE OF AGE CATEGORIES AND BEST TEAM SCORE

**PRE REGISTRATION PACKET PICK UP ON THURSDAY, JANUARY 17TH FROM 6:30-7:30PM
AT SCHOOL OF ARTS & SCIENCES, 3208 Thomasville Rd. Tallahassee, FL 32308**

REGISTER TODAY!

For more information contact Kate Taluga at 386.6566 or talugak@leonschools.net

The School of Arts & Sciences Extended Day Program (EDP) exists to support families by providing an affordable, safe, nurturing learning environment for their children during out-of-school time. We have created a program with a foundation grounded on strengthening and developing social skills to facilitate the positive growth of young people. We believe that children thrive and grow into healthy responsible individuals when given an environment to explore rich in rewarding experiences and loving relationships with both adults and peers. To accomplish this mission, we work cooperatively with the school staff, parents, and young people. We are the bridge between home and school.

For more information visit <http://www.artsandsciences.leon.k12.fl.us/ExtendedDay/default.aspx>



DRAGON DASH 5K & 1 Mile Family Fun Run

Saturday, January 19, 2013

Maclay State Gardens, Tallahassee, FL

1 Mile begins at 9:00am

5K begins at 9:30am

Name: _____ Age _____ M ___ or F _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Email: _____

Race Entered (circle one): 1 Mile 5K Registration Fee: \$ _____

Circle Shirt Size: YS YM YL AS AM AL AXL

(only applies for the first 200 registrants)

Please make checks payable to School of Arts and Sciences Extended Day Program (SASED) and mail to: Attn: Kate Taluga, SASED, 3208 Thomasville Rd. Tallahassee, FL 32308. No Refunds. Registration forms can be faxed to Kate at 386.8183. If you have questions please call 386.6566 or email talugak@leonschools.net.

Disclaimer (applicants not accepted without signature):

I know that running is potentially a hazardous activity. I should not enter unless I am medically able and properly trained. I assume any and all risks associated with running this event, including but not limited to falls, contact with other participants, the effects of the weather and the conditions of the course. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, and executors, waive all rights and claims for damages which I may have or which hereafter accrue to me against the sponsors of any subsidiary or political subdivision thereof, it's or their respective officers, agents, representatives, successors, assigns and sponsors for any and all damages or injuries which may be sustained or suffered by me in connection with my association with or entry or participation in this event.

Signature

Date

Parent or Guardian Signature if under 18