



11TH ANNUAL

DeSoto Dash for Dystrophy
5K RUN/WALK & FUN WALK

- When:** Saturday, April 13th, 2019, 8:00 a.m.
Check-in and registration for runners/walkers will be from 7:00-7:45 a.m.
- Where:** DeSoto High School Track, 815 Amvets Dr., DeSoto, MO 63020
The course of the 5k Run/Walk will be located on the sidewalks of DeSoto, while the fun walk will be on the track.
- Why:** To raise money for the Muscular Dystrophy Association, helping to fund research and provide camps and services for people with muscular dystrophy. All profits from the event go to MDA.
- Cost:** \$20 if received prior to the event. \$25 day of the event. Donations are also accepted. Those who register by **March 28th** are guaranteed a “DeSoto Dash” t-shirt in the size of their choice. You will be required to sign a waiver of liability/consent form.
- Awards:** Your age on April 13th, 2019, will determine what age group you qualify for. Medals will be awarded to the top two runners in each age group for men and women. The age groups are: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up. Trophies will be presented to the top overall male and female runner. Only participants of the 5k are eligible for medals and trophies. Attendance prizes will be given out – must be present to win.

Register online at: www2.mda.org/desotodash
 or mail this bottom portion and the waiver to Stacey McKeon (5022 Remington Rd., DeSoto, MO 63020) along with entry fees. **Make checks payable to MDA.** If you have questions, please email jbmsmckeon@gmail.com or call 314-686-8620.

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Name: _____

Phone: _____

Address: _____

City/State/Zip: _____

Age (on 04/13/2019): _____ Gender (circle): Male Female

Shirt Size (circle): **Youth** S M L **Adult** S M L XL XXL **No Shirt**

I am participating in (check one): 5k run/walk _____ Fun Walk _____

Participants E-Mail Address: _____