

The Student Stride for Education

Participants please be at the pre-run holding area at the WHS parking lot by check-in time.

Grade/Event	Pre-Run Check-in	Run Start Time	Meter/Mile
5K Run	7:30 a.m.	8:00 a.m.	5K/3.1
5K Walk	7:30 a.m.	8:05 a.m.	5K/3.1
Middle School runners – now join the 5K Run or Walk			
K	9:00 a.m.	9:15 a.m.	1.5K/.93
1 st	9:15 a.m.	9:30 a.m.	1.5K/.93
2 nd	9:30 a.m.	9:45 a.m.	1.5K/.93
3 rd	9:45 a.m.	10:00 a.m.	2K/1.24
4 th	10:00 a.m.	10:15 a.m.	2K/1.24
5 th	10:15 a.m.	10:30 a.m.	2K/1.24
The DASH	10:30 a.m.	10:45 a.m.	¼ mile

IMPORTANT DEADLINES:

- Thursday, April 28: Entry forms must be received by to guarantee your race t-shirt!
- Monday, May 16: Stride pre-registration closes. You must register on race day after that date.

Race packets for Washougal students and their families sent home from school on May 18.

All other packets available for pick up after May 18, at the Washougal School District Office, 4855 Evergreen Way, Washougal
Packet pick-up also available on race day at the registration table.



QUESTIONS?

Julie Kilgore: 360-954-3009 or
Shelly Schmid: 360-835-5322

ENTRY FORM

Stride Run Fee: \$10 each **DASH:** Free, no need to register.
Shirt sizes: Youth: S(6-8) M(10-12) L(14-16) Adult: S-M-L-XL-XXL

PLEASE PRINT CLEARLY

Runner Name _____

Address _____

City/State _____ Zip _____

School _____ Grade _____

Date of Birth _____ T-shirt size _____

(Circle One) Student Run 5K Run 5K Walk **Fee: \$10**

Name (2) _____

School _____ Grade _____

Date of Birth _____ T-shirt size _____

(Circle One) Student Run 5K Run 5K Walk **Fee: \$10**

Name (3) _____

School _____ Grade _____

Date of Birth _____ T-shirt size _____

(Circle One) Student Run 5K Run 5K Walk **Fee: \$10**

Dashers and non-runners can pre-order their very own Stride shirts. Just \$7 each.

Name _____ Shirt Size: _____ \$7

Name _____ Shirt Size: _____ \$7

Name _____ Shirt Size: _____ \$7

DONATIONS

(Before April 28) Add my name/names to the run t-shirt and program for an additional \$10 donation each.

Please list individual or family name for shirts below:

I'd like to donate, however, I would like to decline recognition.

Name: _____ Donation \$ _____

Name: _____ \$ _____

Name: _____ \$ _____

Total Donations \$ _____

RUN RELEASE:

Must be completed and signed for entry to be accepted.

I personally assume all risks incident to my/my child's participation in the Student Stride for Education, organized by Washougal Schools Foundation, including, but not limited to, use of facilities, the use of streets, and all hazards from participating in this run. I hereby release for myself, my child, and his/her heirs, executors and administrators, all sponsors of the run, their officers, agents and volunteers, from any and all claims, demands, action or causes of action incident to my/my child's participation in this run. I grant permission to all of the foregoing to use any photographs, motion pictures, video recordings, or any other record of this event for any legitimate purpose. **I also understand that the entry fee is non-refundable and that my entitlement to run materials expires at 11 a.m. on May 21, 2011.**

X _____
Signature of Participant/Signature of Parent or Legal Guardian if under age 18

Print Parent Name _____

Contact Phone Number _____

Email _____

REGISTER BY MAIL:

To register by mail, send completed form and check made payable to: **Washougal Schools Foundation**
c/o Washougal School District
4855 Evergreen Way
Washougal, WA 98671

Additional forms also available online.

www.washougalschoolsfoundation.org

No Online Registration Available



PAYMENT TOTALS

Total Event Fees: \$ _____

Donations: \$ _____

Check # _____ Total Payment \$ _____

T-shirt is not guaranteed for entry after April 28 or on race day.

Help Make a Difference in Washougal Public Education

Proceeds from **The Student Stride for Education** provide exciting educational opportunities for Washougal students via teacher grants from the Washougal Schools Foundation. These grants fund programs and projects that otherwise would not be available. Runner fees cover event costs, so our wonderful donors and business sponsors provide the real fund raising power of this event.

show your Stride pride!

Add your name to The Stride shirt for a small donation to WSF!

Donate \$10 or more by April 28, 2011 to have your name listed on the Stride T-shirt and event program. Help the Washougal Schools Foundation reach our goals to fund grants for education.

Thank You!

2010 WSF Grants in YOUR schools!

Books R Us - Washougal High School
Peer Mediator, Peace Makers - Hathaway Elementary
Gymnastics, Pilates, Flexibility - Cape Horn-Skye Elementary
First in Math - Hathaway Elementary
First in Math - Cape Horn-Skye Elementary
2010-11 and Beyond - Jemtegaard
Traverse Trek - Hathaway Elementary
Big Book Center - Cape Horn-Skye Elementary

Washougal Schools Foundation
P.O. Box 591, Washougal, WA 98671



www.washougalschoolsfoundation.org

Stand out, together!

Make it more fun and come as a team!

Everyone knows how good it feels to be in The Stride. Make it even more fun and come as a team!



Washougal's own Prince Family wore their team spirit last year in unique style. Join the challenge! Just register individually but wear matching visors, ribbons, headbands, special shirts, team uniform or any distinguishing item to set your group apart. Even if you run in different races, you can still

Stand Out, Together!!

DISCOVERY DENTAL

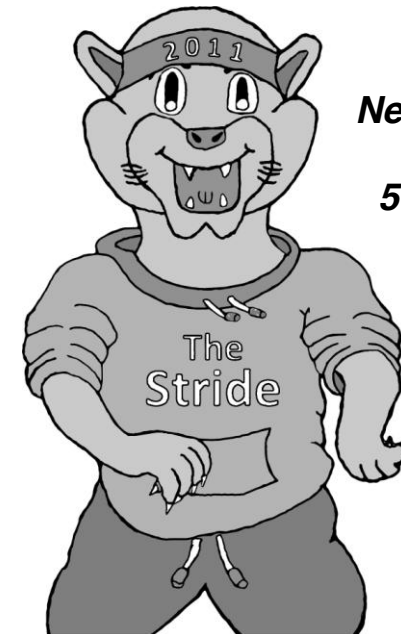


proudly presents

Pro

The Student Stride For Education

Student Runs and 5K



**New, Flatter,
Faster
5K Route!**

2011 Stride logo by WHS senior, Travis Quackenbush

Saturday May 21, 2011
Washougal High School - 1201 39th Street
A community event to benefit the
Washougal Schools Foundation