

# Washington Community Schools & YMCA of Washington County



## DEMON DASH "FUN RUN"

**Saturday June 20, 2020**

**3 MILE or 1 mile RUN/WALK**



**NEW Location:** Lincoln Elementary  
606 S. 4th Ave  
Washington, IA

**Mail payment & registration to:**  
YMCA of Washington County  
121 E. Main Washington, IA 52353

**Time:** Circle your race time preference. Limited to 10 people at each start time. OR pick your shirt up at Lincoln between 8:00AM - 12:00 and run your own route.

8:00	8:10	8:20	8:30	8:40	8:50	9:00	9:10
9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30

**T-shirt designed by: Liam Eldridge & Rachel Mineart, High School seniors (design above right)**

This is a "FUN RUN" with all proceeds supporting the improvement of our youth's health and physical education.

**Contact:** Teri Hartzler, Branch Director - YMCA of Washington 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.

Name: \_\_\_\_\_ To receive T-shirts, registration must be in **by June 3rd**.

Phone # \_\_\_\_\_ Email \_\_\_\_\_

**CHOOSE WHICH TYPE OF SHIRT YOU WOULD LIKE WITH YOUR REGISTRATIONS AND WRITE THE NUMBER IN THE BOXES.**

**Basic T-shirt:** Adult \$25; Student \$15; Family (up to 4 people) \$60 \*Each additional member \$10

Basic T	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L	Adult XL	Adult 2XL	Adult 3XL
# of shirts									

**Super Soft T-shirt:** Adult \$30; Student \$20 Family (up to 4 people) \$75 \*Each additional member \$10

Super Soft T	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L	Adult XL	Adult 2XL	Adult 3XL
# of shirts									

**TOTAL \$ \_\_\_\_\_ (check made out to Demon Dash)**

Waiver: 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)