

Mini-Donut HALF MILE DASH

The Mini-Donut Dash is a half-mile run for ages 10 and under. The race will begin at 8 a.m.

Register online:

www.signmeup.com/epdonutdash2019

All mini-dashers receive mini-donuts and a medal!

Registration Fee

\$10 without cotton shirt

\$15 with cotton shirt



Eagle Ridge Academy
11111 Bren Road W.
Minnetonka, MN 55343



Join us for the 5th Annual
Eagle Ridge Academy



Saturday, May 11, 2019

Purgatory Creek Park

13001 Technology Drive
Eden Prairie, MN

Mini-Donut Dash at 8 a.m.
Donut Dash 5k at 8:30 a.m.

Register at

www.signmeup.com/epdonutdash2019

REGISTRATION INCLUDES A TECHNICAL RACE SHIRT, POST-RACE REFRESHMENTS (INCLUDING DONUTS, OF COURSE), & MUSIC BY A DJ!



About the Race

The Donut Dash is a chip-timed race with timing mats at the start and finish of the 5k. Awards will be presented to the first overall male, female, and student participants. No dogs, strollers, or bikes will be allowed on the course. T-shirt size exchanges may be done only on race day. Sizes are limited, so please select carefully.

Register online today at www.signmeup.com/epdonutdash2019 or fill out and turn in the form below!

Welcome to Running Program (\$40)

Registration: Please Select 5k Mini

Name: (please print)

FIRST

LAST

CHECK IF PARTICIPANT IS A CURRENT ERA STUDENT. GRADE: _____ TEACHER: _____

Gender: M F

Date of Birth: _____
(MM/DD/YYYY)

Address: _____

STREET

CITY STATE ZIP

Phone: _____

Email: _____

Credit Card #: CASH CHECK
*Made out to Friends of Eagle Ridge Academy

Exp. Date: _____ CVS: _____

SIGNATURE DATE

Technical T-Shirt: CIRCLE ONE

WOMEN'S: XS S M L XL 2XL 3XL 4XL

MEN'S: XS S M L XL 2XL 3XL 4XL

YOUTH: YXS YS YM YL YXL

\$2 more for 2XL-4XL sizes | Youth shirts are cotton

All Proceeds Benefit ERA!



Your participation supports student enrichment at Eagle Ridge Academy.

Youth Welcome to Running Program

The Gryphon Youth Welcome to Running Program is designed for students in grades 3-8 interested in successfully completing a 5k run, the Donut Dash.

This is a fun 6-week plan, which introduces beginners into a formal periodized running program. Included in this program are run workouts and general fitness exercise that will improve youth running capacity. Current high school cross country runners will participate in the instruction. Students in grades 3-6 must have a registered parent or designated guardian run the Donut Dash 5k with them. \$40 includes student race entry, t-shirt, and coaching program. Parents must register separately.

Training begins in March and runs Wednesdays from 3:15-4:00 pm through May 11 at Eagle Ridge Academy.

Basic qualifications: In good health with no health problems, or cleared by a licensed physician.

All registrations are non-refundable. Race packets may be picked up on Friday, May 10, from 3:30-7 pm at Eagle Ridge Academy near the District Office.

5k Registration Fees

REGISTRATION MUST BE RECEIVED BY APRIL 20 TO GUARANTEE A T-SHIRT.

\$25 on or before Jan. 29

\$30 between Jan. 30 and April 29

\$35 after April 30 & on race day

and

\$25 Special 5k price for ERA students & alumni

