

# Excelsior Elementary School's Dash for Cash

Saturday, September 24<sup>th</sup>

Mount Calvary Lutheran Church Parking Lot

Registration begins at 7:30 AM

Group Stretch 8:20

Fun Run 8:30

1. What is the length of the course?

We will be doing a loop. Each time around the loop is 1K (a little over a half mile). You and your child can decide how many loops you want to do. You can do 1 or as many as 5 (for a 5K – 3.1 miles). You can also take a break between loops or just keep going. This is a very family and kid friendly event designed to make sure that everyone can participate at a level that is best for them. No pressure to run / walk a full 5K. Run /walk as many loops as you want. We will also have a mini dash for cash area for the little kids who are too little to do the walk / run.

2. How do I sign up?

You can pick up a registration form at the school office, or download one from the website. Once completed, you can turn the form into the school office. You can also download a registration form on the website at

<http://www.minnetonka.k12.mn.us/Schools/Excelsior>

3. The Registration form is confusing; can you explain it to me?

All students who raise a minimum pledge of \$15 will get to participate in the Dash for Cash for free, and they will receive a complimentary t-shirt as well. We do, however, need to keep track of how many people will be participating in the event in order to purchase enough t-shirts and goody bags. Please make sure that on the registration form you are marking the number of student registrations and student t-shirts that are participating, and then add the other members of the family who will be registering as a paid participant (Moms, Dads, siblings, etc.).

4. How do I turn in my pledge forms and money?

Pledge forms and all money can be turned into the school office between September 12<sup>th</sup> and September 21<sup>st</sup>. There will be a bin labeled Dash for Cash. Please make sure the pledge form is filled out completely and all money is sealed inside the envelope.

5. Where do I park the day of the event?

There is plenty of parking available at the school (including the back parking lot), as well as on city streets. There will also be limited parking spots available in the back of Mason Motors parking lot. Due to safety of all our participants, there will be NO PARKING available at Mount Calvary Church. Please note that all roads leading to George Street will be closed at 8AM and re-open at 10AM.

6. Is this a family event and what if my child does not want to finish, but I do.

This is going to be a very fun family event, and we are encouraging all parents to participate with their child. We will have some fun activities for kids to do at the church if for some reason the child decides that they do not want to run/walk or the parent wants to do more laps than the child.

7. Where and when do I pick up my packet and t-shirt?

We will have packet pick up on Thursday, September 22<sup>nd</sup> from 3PM – 6PM at the school. You will be able to pick up your packet of information and your t-shirt that day.

8. Is there any way that I can help with this event?

There are several ways that you can help out with this event. We are still looking for in-kind donations of water and bananas, as well as any fun giveaways that we can entice the kids with. If that is not possible, we are looking for volunteers to help on the day of the event. If you are interested in helping, please send us an email to [dashforcashexcelsior@yahoo.com](mailto:dashforcashexcelsior@yahoo.com) and we will send you a link to the sign up page.

9. What if I have other questions?

For any other questions, please email us at [dashforcashexcelsior@yahoo.com](mailto:dashforcashexcelsior@yahoo.com) and we will answer all of your questions.