

STUDENT RUN & FAMILY 5K RUN/WALK

16TH ANNUAL EVENT

Washougal High School
1201 39th St, Washougal, WA 98671

MAY
18



**REGISTER BY
MAY 1ST TO
GUARANTEE A SHIRT.**

But, same-day sign-ups are cool too!

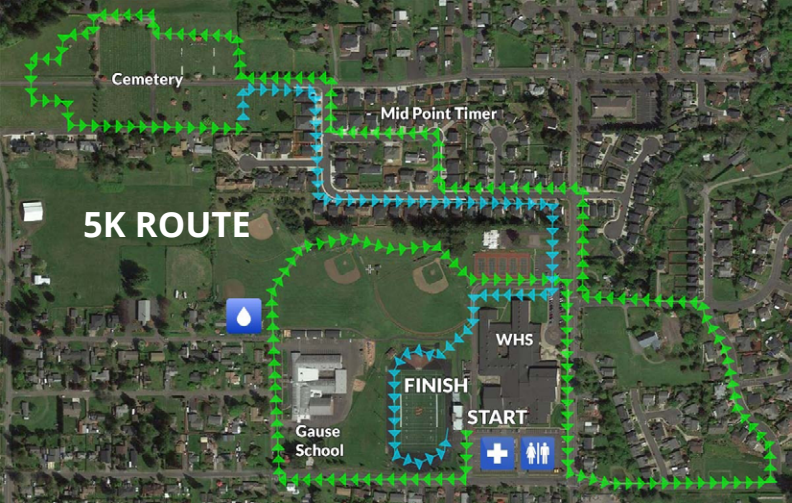
Washougal High School

washougalschoolsfoundation.org
discoverydentistry.com



2019 TITLE SPONSOR

**DISCOVERY
DENTAL**



GRADE / EVENT	CHECK IN	START TIME	KILOMETER / MILE
5K Run (Adult, 6th, 7th, 8th, and high school)	7:45am	8:00am	5K / 3.1Mi
5K Walk (Adult, 6th, 7th, 8th, and high school)	7:45am	8:05am	5K / 3.1Mi
Unified Run	7:45am	8:10am	5K / 3.1Mi
K	9:00am	9:15am	1.5K / 0.93Mi
1st	9:15am	9:30am	1.5K / 0.93Mi
2nd	9:30am	9:45am	1.5K / 0.93Mi
3rd	9:45am	10:00am	2K / 1.24Mi
4th	10:00am	10:15am	2K / 1.24Mi
5th	10:15am	10:30am	2K / 1.24Mi
Kitty DASH	10:30am	10:45am	400m / 0.25Mi



BEAT THE DOCS

How about a little fun and friendly competition during the 5K... Doctors Dave and Tom Stinchfield of Discovery Dental are challenging runners to beat them across the finish line! Everyone who is able to Beat the Docs will get a special award from our title sponsor!



WASHOUGAL NINJA WARRIOR

NEW! Show off your skills and challenge your friends on an obstacle course! Free to WSF Student Stride for Education participants.