



**Donut Dash  
5K Run/Walk  
Saturday, May 2, 2020  
(Same day as Pots N Pedals)**



**Event Location:** Sterling Lake Bathhouse

**Event Details:** 7:30a.m. Race Day Registration and Packet Pickups  
8:00a.m. Race Begins

**Route & Updates:** “like” our Facebook page, Kids Cove or @SterlingKidsCove

**Entry Fees:** \$20 per adult for pre-registration **received** before **April 17, 2020**  
\$10 per child 12 and under for pre-registration **received** before **April 17, 2020**  
\$5 increase on each entry after April 17. Online registration is available at  
[www.runsignup.com/Race/KS/Sterling/DonutDash2019](http://www.runsignup.com/Race/KS/Sterling/DonutDash2019) or the qr code above. Online registration closes May 1<sup>st</sup>.

**Included:** Those who **pre-register** by **April 17, 2020** will receive a t-shirt, and EVERYONE who crosses the finish line receives a **Donut!** Bottles of water and a banana will be provided.

*All proceeds benefit the Kids Cove Program in Sterling, an after school program offered to children kindergarten through 6<sup>th</sup> grade.*

**\* Strollers and Dogs are WELCOME!**

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**REGISTRATION FORM**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Telephone #:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Size (circle):** **YS** **YM** **YL** **S** **M** **L** **XL** **XXL (\$2 extra)** **Amount Paid \$** \_\_\_\_\_

WAIVER (read before signing): I for myself, executors and administrators, do hereby release Kids Cove, event sponsors, meet officials & directors from all claims of demands, damages, actions & causes of actions, whatsoever, in any manner arriving or growing out of my participation in said race. I certify that I have prepared myself for this event & I am in adequate physical condition to complete this event. I HAVE READ AND UNDERSTAND THIS WAIVER: (If under 18, parent/legal guardian). PHOTOGRAPHIC RELEASE: I grant Kids Cove permission for photographs, images, videos of me made in connection of my participation in this event to be used for publicity or on social media. Incomplete or unsigned forms will not be accepted.

\_\_\_\_\_  
Signature (If under 18 - parent/legal guardian)

\_\_\_\_\_  
Date

Please make checks payable to: Sterling Kids Cove.

Drop off form & fee at Alden State Bank or mail to Kids Cove PO BOX 306, Sterling, KS 67579.

For questions Call/Text 620-664-3040 (leave voicemail) or email [courtney.goad@gmail.com](mailto:courtney.goad@gmail.com)