



Desoto Dash 5K Run / Walk

July 24th, 9 a.m. Desoto United Methodist Church

1st Annual Desoto Dash 5K Run / Walk fundraiser for Delta Cross Country.

Course: Out and back, fairly flat course. Starts at Desoto UMC - head east on County Road 400N. Proceed past Desoto Elementary to turnaround just before North County Road 650 East.

When

Registration: 7:30 a.m. - 8:45 a.m.
Run / Walk Start 9:00 a.m.

Where

Desoto United Methodist Church
6309 North County Road 500 East
Muncie IN 47303

Entry Fee: \$10

Directions

Go North on IN 67 - Just North of Muncie Bypass
To East County Road 350 N - Go Right / East
To North County Road 500 East. Go Left / North
Look for Desoto UMC on left.

Age groups:

- 14 and under
- 15 - 19
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 - 69
- 70 and over



Garmin GPS watch will be given away as a door prize!

A Garmin GPS watch tracks Heart rate, Distance, Pace, etc - it is one of the best running tools available.

5K Run awards:

Plaques will be awarded to first overall Male / Female and top Male / Female in each age group. Ribbons to 2nd / 3rd in each age group.

All participants must sign liability waiver for entry into 5K Run / Walk (Under 18 - liability form must be signed by parent or guardian.)

The 5K run/walk is held on a challenging course in sometimes hot, humid, windy or rainy conditions. All participants assume responsibility to prepare themselves physically and mentally for the 5K run/walk.

Walk awards:

Ribbons to each finisher of 5K Walk

Race hosted by Delta High School Cross Country.

For the latest information and race results go to:

www.irunmuncie.com

