



DASH to the SPLASH

Have you ever wanted to try running a 5k and not had the motivation, understanding, or coaching?

Now is the time for you to shine!

Get a partner & join Pathfinder Village on an 8 week journey from sitting in your living room to the amazing 4th annual Splash Path 5k and Fun Walk on May 20, 2017.



Who can participate? ANYONE; Mother/Daughters; Father/Sons; Aunts, Uncles/Nieces & Nephews; Sisters; Brothers; Cousins, Friends, ...just no pets please.

When is this? The Kick off Information meeting is **Tuesday, March 21st** (World Down Syndrome Day). The program will run 8 weeks; the final event is Splash Path on May 20th!

What do I have to do? Find a partner. If you don't have one that's okay, as you will be part of a group the whole time. **Register and join us at Pathfinder Village** on Mondays and Wednesdays for activities and training sessions from 4:30-5:30 p.m., and commit to the goal of successfully finishing Splash Path 5k (running or walking)

What is the cost? **FREE!!!!**

How many people can be involved? There is a limit of 55 people for this program. (Five groups of 10 people each, assigned to each team coach).

How do I get involved? Call Monica Clark at 607-965-8377, ext. 107 or email splashpath@pathfindervillage.org by **March 15th**, to register. Paperwork will be given out at the March 21st informational meeting.

It is never too late to become a runner!