

# DASH to the SPLASH

Splash  
★ PATH

5K and fun walk

STARTS  
APRIL 9!

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

**Now is the time for you to shine!**

**Get a partner and join Pathfinder Village on a 6-week journey from sitting in your living room to the amazing 5<sup>th</sup> Annual Splash Path 5k and Fun Walk on May 19, 2018.**

**Who can participate?** ANYONE -- Mother/Daughters; Father/Sons; Aunt, Uncle/Niece, Nephew; Sisters; Brothers; Cousins, Friends, Companions...just no pets please.

**When is this?** The first DASH MEETING & training session is at Pathfinder Village on **APRIL 9 at 4:30 p.m.** The program will run 6 weeks and our final event will be the Splash Path 5k on May 19<sup>th</sup>!

**What do I have to do?** Register and join us on Mondays for group activities and training 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, but please plan on making the time commitment for the program.

**How do I get involved?** Call Monica Clark at 607-965-8377 ext. 107 or email [splashpath@pathfindervillage.org](mailto:splashpath@pathfindervillage.org) by **APRIL 1 to register**. Paperwork will be given at the April 9<sup>th</sup> meeting at Pathfinder Village.

**It is never too late to become a runner!**