

Dashers Practice Schedule and Fee

Practice will be every Tuesday, with the exception of conference week and spring break. The cost of the program is \$25. This includes a Dashers t-shirt, random prizes for nutritional challenges, and a catered carb-load party. Please make checks available to Deerfield Elementary. ****You must also pay the \$29 registration fee, in addition to the \$25 Deerfield, for the KROC-final mile.**

Here is the link to select shirt size and enter contact info.

<https://goo.gl/2ReAxj>

February

13

20

27 ***Timed Mile**

March

6

13

20

(Two weeks off-be sure to do some exercise during this time)

April

10

17

24 ***Timed Mile**

May

1

4 (Friday)*Carb Load Party at the Lunch Tables and Bib hand out

5 (Saturday) Race Day!!!!