



# DASH-with-CLASS

Invite your child's class to show their support for our Dash for Down Syndrome 5K! It's easy!



1. Create a Team on the 3-2-1 DASH Race website:
  - a. If you are not a runner, no worries – simply register as a “Spirit” runner via our race website: <https://dashfordownsyndrome.racesonline.com/>
  - b. Click on “Register”
  - c. Click on “Credit/Debit” button or “Cash/Check” button
  - d. Select your participation category and hit “Continue”
  - e. Provide the needed information
  - f. Near the bottom, be sure to click on the BLUE “Create a New Team” button
  - g. Type in your team name and hit “continue”
  - h. Next, finish the registration process with needed information
  - i. Congrats! You are now registered & your team is now created!!
2. Send **DASH-with-Class invitation letter** to child's Teacher/Principal
3. Teacher/Principal agrees to participate
4. Teacher and classmates create a poster
  - a. 20” x 30” **styrofoam** poster board
  - b. In the top upper-righthand and corner of the poster, provide Child with Down syndrome's team name, child's name, & classroom/school name
  - c. The rest of poster is available to decorate with drawings, signatures, words of support, photos, etc.
  - d. Permanent markers preferred
5. Teacher/parent to mail poster to DSA of Greater Charlotte office or can drop it off in person
  - a. Must be in mail by 3/3/19 to insure it gets displayed at race
  - b. Must drop off by 3/9/19 to insure it gets displayed at race
6. **The rest of the work is up to our 3-2-1 Dash Committee!**
7. You can take signs after the race if you are present at the race; Otherwise, they will be discarded.



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