1. Create a Team on the 3-2-1 DASH Race website:
	1. If you are not a runner, no worries – simply register as a “Spirit” runner via our race website: [dashfordownsyndrome.racesonline.com](http://dashfordownsyndrome.racesonline.com/)
	2. Click on “Register”
	3. Click on “Credit/Debit” button or “Cash/Check” button
	4. Select your participation category and hit “Continue”
	5. Provide the needed information
	6. Near the bottom, be sure to click on the BLUE “Create a New Team” button
	7. Type in your team name and hit “continue”
	8. Next, finish the registration process with needed information
	9. 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
	1. 20” x 30” **Styrofoam** poster board
	2. In the top upper-righthand and corner of the poster, provide Child with Down syndrome’s team name, child’s name, & classroom/school name
	3. The rest of poster is available to decorate with drawings, signatures, words of support, photos, etc.
	4. Permanent markers preferred
5. Teacher/parent to mail poster to DSA of Greater Charlotte office or can drop it off in person at 3900 Park Road, Suite C, Charlotte, NC 28209.
	1. Must be in mail by 3/4/2020 to insure it gets displayed at race
	2. Must drop off by 3/11/2020 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.