



## 3rd ANNUAL PANCAKE DASH 5K and 1 Mile Fun Run Calling all runners, walkers, and pancake eaters!

Join our Eastover and East Hills families and local community for a 5K run/walk and 1 mile fun run followed by a pancake breakfast, courtesy of Chris Cakes. This is a chip-timed race with real time results and awards for top finishers! If running is not your thing, come cheer on your friends and enjoy all-you-can-eat pancakes. The Pancake Dash is open to the entire community so we hope to see you and your friends there!

**WHAT:** 5K Run/Walk or 1 Mile Fun Run and Pancake Breakfast

**WHEN:** Saturday March 28, 2020 at 9AM (Registration opens at 7:30AM)

**WHERE:** Eastover Elementary School • Bloomfield Hills

**WHY:** Our goal is to fund programs and resources that support the physical and mental wellness of our kids. That includes playground equipment; mental-health awareness activities and programs; wellness-centered books for the library; healthy eating/exercise events; donations for the school garden; grants for wellness-based teacher initiatives and more!

### Exciting Stuff for 2020

- **Chip Timers!** This year the 1 Mile race will be chip-timed along with the 5K for official results and awards!
- **Photo Zone!** Join us for a race photo op. Pictures will be posted online for you to download.
- **Raffle Prizes!** Each participant receives a raffle ticket and you can enter it to win the prize of your choice. Raffle will be held after the race is completed. Additional raffle tickets will be available for sale at the event.

**Pancake Dash Participant Package-** includes race registration + all-you-can-eat pancakes

**Pancakes ONLY-** fuel up with all-you-can-eat pancakes and cheer on the runners

### Participation Fees:

\$25 - Dash Participant Package (Age 13+)

\$15 - Age 12 & Under Dash Participant Package

*Dash participants can sign up for either the 5K or the 1 mile fun run! Strollers welcome.*

\$10 - Pancakes ONLY (Age 6+)

\$5 - Age 5 & Under Pancakes ONLY



Questions? Email [PancakeDash5K@gmail.com](mailto:PancakeDash5K@gmail.com) or find us on FaceBook at Eastover/East Hills Pancake Dash



## PANCAKE DASH REGISTRATION FORM

Visit <https://eastsideracing.enmotive.com/events/register/eastover-pancake-dash-5k-and-1-mile> to register and pay via credit card online, or return this completed form to Eastover or East Hills, ATTN: Pancake Dash by March 13th. Make checks payable to Bloomfield Hills Schools. *Please note: a convenience charge will be applied to all online payments. You can avoid the fee by filling out this form and sending your check into school.*

Participant Name: \_\_\_\_\_ DOB:: \_\_\_\_\_ Email: \_\_\_\_\_

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*Please continue on the back if needed. Date of Birth and email are needed for each participant to get accurate timing results.*

Number of Dash Participants, age 13+ \_\_\_\_\_ 5K \_\_\_\_\_ 1 Mile @ \$25 (until 3/13/20) Total \$ \_\_\_\_\_

Number of Dash Participants, 12 & under \_\_\_\_\_ 5K \_\_\_\_\_ 1 Mile @ \$15 (until 3/13/20) Total \$ \_\_\_\_\_

Number of Pancakes ONLY attendees, age 6+ \_\_\_\_\_ @ \$10 (until 3/13/20) Total \$ \_\_\_\_\_

Number of Pancakes ONLY attendees, age 5 & under \_\_\_\_\_ @ \$5 (until 3/13/20) Total \$ \_\_\_\_\_

2020 Pancake Dash t-shirt (indicate # of each size below) \_\_\_\_\_ @ \$5 (until 3/13/20) Total \$ \_\_\_\_\_

Youth: \_\_\_XS \_\_\_S \_\_\_M \_\_\_L \_\_\_XL

Adult: \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

I would like to make an additional donation toward Eastover and East Hills wellness initiatives: \$ \_\_\_\_\_

I'm unable to attend, but would like to donate toward Eastover and East Hills wellness initiatives: \$ \_\_\_\_\_

Total Due: \$ \_\_\_\_\_

### Waiver:

In completing this entry form and checking the waiver box, I assume all responsibility and agree to waive any responsibility of Bloomfield Hills Schools, East Hills PTO, Eastover Elementary PTO and all sponsors of the Pancake Dash for any injury incurred during said race. I verify that all individuals named on this form are physically fit and have trained sufficiently for this event, and I am aware that participation in this event could, in some circumstances, result in physical soreness or injury. I understand that the entry fee I pay is non-refundable. I give permission for each participant to be photographed during Pancake Dash activities and understand these photos may be used in social media or event marketing.

I am 18 or over and have read and agree with waiver

Signature and Date \_\_\_\_\_