

WAS/LAS **CRANFORD**  
**COUGAR**  
*DASH*



**APRIL 15, 2018**

**NOMAHEGAN PARK**  
**CRANFORD**

**PROCEEDS BENEFIT THE WALNUT AVENUE SCHOOL AND LIVINGSTON AVENUE SCHOOL  
PTAs TO SUPPORT TEACHERS WITH EDUCATIONAL RESOURCES**

Register here: <http://tinyurl.com/cougardash2018>

**\$23 for 5K**

**\$13 for 1 mile**

Registration fee increases on 3/31/18

**Follow us on Facebook**  
**@ Cranford Cougar**  
**Dash for updates!**

7:30 am Race Day Registration  
Packet Pickup

8:30 am 1 Mile Fun Run

9:00 am 5K Start

Amenities include a fast, flat USATF certified course, custom t-shirt for pre-registered participants, post-race refreshments, and awards to top male and female finishers in each age group.

**Walkers Welcome!**

*Sponsorship and volunteer opportunities are available!*  
*Email [CranfordCougarDash@gmail.com](mailto:CranfordCougarDash@gmail.com) for more details.*