



Run



Ride*



Roll*



Relay



Ramble

SAVE THE DATE!

What: 7th Annual STRIDE Academy 5k and Fun Run

When: Friday, May 10, 2019, 6:00 p.m.

Why: It's a fun, one-of-a-kind event! Sign up for the 1k, 100m and/or PICK ONE of FIVE WAYS TO 5K! Run, Ride*, Roll*, Relay, Ramble

Where: STRIDE Academy - 3241 Oakham Lane, St. Cloud, MN 56301

Student Incentive:

Grade with the **MOST** students participating = **FREE DRESS DAY AND EXTRA RECESS**

Grade with the **SECOND MOST** students participating = **FREE DRESS DAY**

STRIDE Students and Alumni: \$5

Non-Alumni: \$15**

5:00 p.m. - Packet pick up

6:00 p.m. - Start

Races will start in waves after the 100m and 1k finish

Ride*: Bicycle, tricycle, unicycle

Roll*: Blades, skates, board, wheelchair

Relay: 2-person team

*Helmets are required

**Scholarships are available, please see Mr. Fleege for more information

Note: Route distances are approximate. Not a certified or timed event.