



**The Mommy Dash 5K and 10K Race,  
Sponsored by Valley Pediatric Dentistry, P.C.  
to Benefit Team Sparrow's Nest**

**Sunday, June 4, 2017**

**Dutchess County Rail Trail**

at Van Wyck Lane Trailhead (between Route 376 and Lake Walton Road)

**Kids' ½ Mile Fun Run begins 8:00 (ages 3-12)**

\$5 if registered online by May 31st. \$10 on race day.

**5K Run/Walk Race begins at 8:30 (ages 13 and up)**

**10K Run/Walk Race begins at 8:35 (ages 13 and up)**

\$25 if registered online by May 31st. \$35 on race day.

\*Runners under age 13 are welcome to register for the 5K or 10K\*

**RACE DAY REGISTRATION AND PACKET PICK UP AT FEET FLEET (located at the  
Shoppes at South Hills, Rt 9) ON 6/3 FROM 6-8 PM OR  
ON RACE DAY, BEGINNING AT 7:00 AM**



**REGISTER TODAY AT [WWW.THEMOMMYDASH.COM](http://WWW.THEMOMMYDASH.COM)**

*Sparrow's Nest is a local 501(c)3 charity that prepares and delivers trays of  
homemade food each week to families who are battling cancer.*

*This is a Team Sparrow Fundraiser.*

*Proceeds from this event benefit Sparrow's Nest and our 2017 Team Sparrow Run.*



