

Join the Mighty Free Birds in the *Desk to Firecracker* Challenge
Mighty Free Birds



WHAT: A brief “couch to 5k” (or desk to Firecracker in honor of school ending!) training program for Earlham students entering 3rd-6th grade next school year. The goal is to introduce students to the benefits of running with the ultimate goal of completing the Earlham Firecracker 5K while having fun with friends.

WHEN: Tuesday and Thursday mornings at 9:00 A.M.* starting Thursday June 2.

**The first session on Thursday June 2 will be at 6:30 P.M., all sessions after that will be at 9:00 A.M.*

WHO: The Earlham Cross Country coaches will be running the program

COST: The price for this experience is \$45, which includes registration to the Earlham Firecracker 5K (a \$20 value) right here in Earlham on July 2, a Mighty Free Birds T-shirt that they could wear for the race, and 9 training sessions. Registrants can pay at the first session. Checks will be made out to: *Earlham Firecracker 5K*

If interested, please email Marty Dalton mdalton@ecsdcards.com or Dion Braet dbraet@ecsdcards.com with the following information:

- Student's Name
- Grade for the 2016-17 School Year
- Student's T-Shirt Size (smallest size available will be a Youth Medium)
- Parents' Name(s)
- Cell Phone number & Email address for parent contact

More information on the Earlham Firecracker 5K: <http://earlhamfirecracker5k.weebly.com/>