

Miles For McDougall 5-MILE POKER RUN

Sunday, April 14th, 1:11pm (Todd's OHS room #)
Marathon Park, Olympia, WA

Event: **5-Mile Poker Run**

Test your luck and your speed in this

FUN/RUN - raiser for McDougall Family.

Show your spirit in **blue** and **white**, lace up those shoes tight...Grab your family, kids and friends... running together showing support that will never end! You can buy an OHS McDougall T-shirt to race in for \$10. T-shirts sold at registration, day of race.

How it works: Participants will head out on the 5-mile loop course. At each mile marker they will be given a playing card. 5 cards later and you have a poker hand! Don't worry; you will have the opportunity to turn in one card at mile 5 to increase your "luck." Top Male/Female runners win shoes and the Best Poker Hand wins a prize. **Many raffles prizes too.**

Where: The Poker Run will START & FINISH at Marathon Park, located along Deschutes Parkway in Olympia.

Date: **Sunday, April 14th, 1:11 pm**

Place: **Marathon Park, Olympia, WA**

Registration: \$20 minimum donation, Kids 12 and under free (**waiver required; on back.**)

Race Time: 1:11pm.

For Mail in Registration: **before April 7th**
Please mail waiver and payment to:

Miles for McDougall
c/o Karen Steen
1713 Sulenes Loop SE
Olympia, WA 98501

Make Checks Payable to: "Julie McDougall"

Schedule:

12:00PM – 1:00PM Registration
1:11 PM Poker Run START
2:30 PM Awards!

Course: 5-mile loop around Capital Lake; starting at Marathon Park

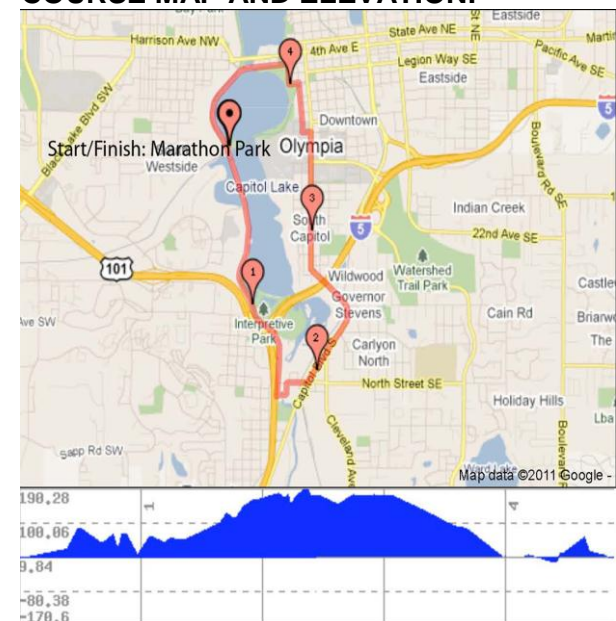
Parking: Along Deschutes Parkway and at Marathon Park

Amenities: No water stations on course. Water and food at finish.

Thank you to our sponsors: Olympia Physical Therapy/Northwest Sports Medicine, OHS Football, OHS Fast pitch, OHS Girls and Boys Soccer, Spuds, Fit Life Studio, Brooks, Sports, South Sound Running, Lakefair Run LRO, Katie Carter NTP, Guerilla Running, Costume Thread & Costco.



COURSE MAP AND ELEVATION:



FOR MORE INFORMATION CONTACT:
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