



## FREQUENTLY ASKED QUESTIONS

The information below will help you learn more about the *Tenth Annual Patriot Run*. If you have any other questions, please don't hesitate to contact Coach Nayda Hawkins. (*Contact information below.*)

**Q: What is the Patriot Run?**

**A:** The Patriot Run is a CDS fundraising event that takes place Saturday, October 13, 2018. This is the ninth year of this event. It includes a 5K Run and Walk, a One Mile Riot Run, a parent vs. faculty/staff Co-Ed Sprint Relay, and short distance kids' races. There will also be concessions, an inflatable, and crafts!

**Q: Where will the Patriot Run be held?**

**A:** The Patriot Run will be held at Carrollwood Day School -- Bearss Avenue Campus. A beautiful course has been mapped out throughout the CDS campus. You really will be able to enjoy the beauty of our wonderful campus!

**Q: Do I have to run the 5K?**

**A:** Absolutely not. This is for everyone! Walkers who stroll the distance at a 20-minute mile will finish in just over an hour. Fast runners who maintain a 5 minute mile will finish in about 15 – 20 minutes. Anything in between is great! Some participants will run part and walk part, and others will walk the whole distance. So, get a group of friends and walk or jog together! The One Mile Fun Run is primarily paved and can easily handle a jogging stroller. The 5K is paved with some sections of grass and a beautiful path through the woods.

**Q: Who can participate in the Patriot Run?**

**A:** This is an event for the entire family. There are short distance races for kids ages 2 – 11. The One Mile Riot Run is great practice for the President's Fitness Challenge which is part of the CDS Physical Education program. New this year, the One Mile Riot Run will include obstacles! **Also, invite your friends and family to join!** We have several grandparents walk each year. It's a fun way to spend time together and enjoy our campus.

**Q: Are there other activities?**

**A:** Yes! There will be a FREE Photo Booth, FREE face painting for the children, and an **inflatable fun activity**.

**Q: Will there be food/snacks available?**

**A:** Yes! There will be a FREE Pancake Breakfast and the Booster Club have snacks, coffee, hot chocolate and bottled water for sale.

**Q: How do I register?**

**A:** You may download an entry form from the CDS website under Giving to CDS/Patriot Run, or you may register online at <https://budurl.me/PatriotRun>. **KEEP IN MIND – Entry Forms must be received by SEPTEMBER 28, 2018 in order to receive the event t-shirt.** The t-shirt order will be placed on that day. All students who participate in the Patriot Run will have a special free dress day in school. Participants are still welcome to register up until event day, however, t-shirts will not be available.

**Q: How else can I get involved?**

**A:** We always welcome **sponsors** and there are sponsorship opportunities available. Information is available on the CDS website under [Giving to CDS /Patriot Run!](#) We also need volunteers to help on event day! Please contact Nayda Hawkins for volunteer opportunities!

For questions, contact: Coach Nayda Hawkins at [nhawkinspe@carrollwooddayschool.org](mailto:nhawkinspe@carrollwooddayschool.org) or 813.920.2288 x227.