

# Volunteers

We can't do this  
without you!!!

Volunteers are an integral  
part of all our events!

If you would like to help with  
the Dyslexia Dash without the  
strenuous activity of running  
or walking, we need your  
help with event setup, break-  
down, directing (and cheer-  
ing on runners), giving out  
water, hospitality, and more.

For more information on  
volunteering, please contact:

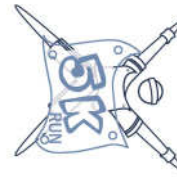
Christy Deutsch

[cdeutsch@summit.pvt.k12.ia.us](mailto:cdeutsch@summit.pvt.k12.ia.us)

## **About the International Dyslexia Association**

The International Dyslexia  
Association (IDA) is a non-  
profit

organization dedicated to  
helping individuals with dys-  
lexia, their families, and the  
communities that support  
them.



Please join the Iowa  
Branch of the  
International Dyslexia  
Association's

Dyslexia Dash 5k  
Fun Run

And

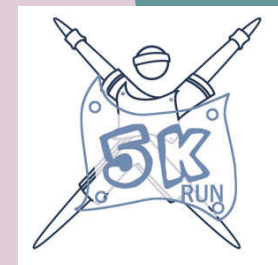
Family Fun Walk

April 24, 2010

Noelridge Park

Cedar Rapids

9 a.m.



# 5K Run and Family Fun Walk

Please join us Saturday (insert date), at Noelridge Park for the First Annual Dyslexia Dash. This course circles around Noelridge Park and flows between Harding Middle School and the soccer fields.

There will be a 1.5 mile family fun walk and is perfect for all ages!

T-shirts will be given at registration the morning of the run.

## • Race fees:

**\$15 if postmarked by April 1**

**\$20 if postmarked after April 1**

\* not guaranteed a shirt if your registration is not postmarked by April 1

- Registration begins at 8 am and ends at 8:45.
- Race begins at 9 am.
- Snacks and beverages will be provided at the end of the event for participants.

Proceeds from this event benefit dyslexia awareness and those with reading issues through the Iowa Branch of IDA

For more information and registration forms, visit:

<http://www.ida-ia.org/>

## What is dyslexia?

Dyslexia is a language-based learning disability.

Dyslexia refers to a cluster of symptoms, which result in people having difficulties with specific language skills, particularly reading. Students with dyslexia usually experience difficulties with other language skills such as spelling, writing, and pronouncing words.

Dyslexia affects individuals throughout their lives, however its impact can change at different stages in a person's life. It is referred to as a learning disability because dyslexia can make it very difficult for a student to succeed academically in the typical instructional environment. In its more severe forms it will qualify a student for special education, special accommodations, or extra support services.

The mission of the Iowa Branch of the International Dyslexia Association is to increase awareness of dyslexia and promote services that address the importance of diagnosis and remediation for those who are not meeting their reading potential...in a way that promotes unity, support and cooperation among those who work with these individuals...so that all communities in Iowa benefit from the skills and talents of its citizens.

## Registration

Please complete this registration and mail with payment (if you are participating) to:

Pat Akers  
c/o Dyslexia Dash  
1010 Regent St. NE  
Cedar Rapids, IA 52402

Please make checks payable to Iowa Branch of IDA- 5K run

### Please check appropriate boxes:

- ◇ I am participating in the 5K run
- ◇ I am participating in the family walk

Female Male

Youth Shirt Size: XS S M L

Adult Shirt Size: XS S M L XL XXL

Total enclosed:\$ \_\_\_\_\_

Name: \_\_\_\_\_ A  
Address: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Birth date \_\_\_\_-\_\_\_\_-\_\_\_\_ Age: \_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Waiver:

In consideration of this entry, I, my heirs, and administrators, hereby assign release of IA-IDA, and all other sponsors, promoters, managers, directors, officials, agents, employees, and volunteers of the IA-IDA Dyslexia Dash from any and all claims of injury, illness, or damages suffered by me as a result of my participation in, traveling to, or traveling from this event. I realize that this is a strenuous event that requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I know that this race has all the inherent hazards of trail running. I give my permission for the free use of my name and picture in any written account, broadcast, or telecast of this event.

Signature: \_\_\_\_\_

Parent/Guardian Signature if under 18: \_\_\_\_\_