



FREQUENTLY ASKED QUESTIONS

The information below will help you learn more about the *Fifth Annual Patriot Run*. If you have any other questions, please don't hesitate to contact the people listed below.

Q: What is the Patriot Run?

A: The Patriot Run is a CDS fundraising event that takes place Saturday, November 16, 2013. This is the fifth year of this event. The first four events were a huge success averaging 350 entrants per event and several thousand dollars raised for CDS. It includes a 5K Run and Walk, a One Mile Fun Run and short distance kids' races. There will also be concessions, inflatable obstacle courses, 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 and the adjacent Baptist Conference Center. 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 Fun Run is great practice for the President's Fitness Challenge which is part of the CDS Physical Education program. **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 crafts for the children and **inflatable obstacle courses** (inflatables are \$1 per pass or \$5 for unlimited use wristband). **The Patriot Spirit Shop** will be stocked with many new items that are perfect for holiday gift giving! CDS will also be collecting shoes for Soles4Souls. Collection boxes will be located at the ECC, elementary school office, and International Square beginning October 14. You can also bring shoes to The Patriot Run. When you take time to recycle your footwear, you are in fact changing lives.

Q: Will there be food/snacks available?

A: Yes! The Booster Club is offering a **FREE PANCAKE BREAKFAST** to all participants and spectators. They will also have 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 <http://budurl.com/PatriotRun>. **KEEP IN MIND – Entry Forms must be received by NOVEMBER 5, 2013 in order to receive the event t-shirt.** The t-shirt order will be placed on that day. 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!

For questions, contact: Coach Nayda Hawkins at nhawkinspe@carrollwooddayschool.org or 813.920.2288 x227.