

# Spring Shower Dash 5K RUN & WALK

EVENT TO SUPPORT THE TRACK&FIELD AND WRESTLING TEAMS



SATURDAY  
April 5th, 2025

**Start** Montrose High School Pavillion

**Finish** On the Track

## REGISTRATION

Individual: \$25 pre race registration  
\$40 after March 15th  
Team: of 5-\$50, 10-\$75, 10 or more \$100

Age group rewards for Top 3  
Male & Female

Pre-Sale.  
Chicken Dinners (\$15)  
& Halves (\$10)


## SCHEDULE

8:30-9AM	Bib Pickup
10AM	Race Start
11AM	Chicken Pickup
11:30AM	Awards

For Registration  
Facebook "Montrose Meteors  
Spring Shower Dash"  
email sbrander@masd.info

Montrose  
Track & Field and Wrestling Teams

# CHICKEN



# BBOQ

APRIL  
5TH

CHICKEN  
HALVES  
\$10

CHICKEN DINNER  
\$15

Chicken Dinner includes  
chicken half and two sides.

Chicken Prepared by  
**PECOS BILL'S BBQ**

## PRE SALE ONLY

Pick Up at Montrose High  
School Cafeteria 11-12:30pm  
See any Track & Field Athlete or  
Wrestler for tickets.

More Information

Email: [sbrander@masd.info](mailto:sbrander@masd.info)