

# WESTCHESTER COUNTRY DAY SCHOOL



## FIFTEENTH ANNUAL W-DAY 5K CAT CHALLENGE 2·0·1·9

5K RUN/WALK | 1 MILE FUN RUN  
50 YARD DIAPER DASH | LITTLE CAT LAP  
SATURDAY, MAY 11, 2019

*Proudly sponsored by:*



Westchester Country Day School  
2045 N. Old Greensboro Road  
High Point, NC 27265

First Class Mail  
US Postage  
PAID  
High Point, NC  
Permit No. 67

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ If Student, Grade: \_\_\_\_\_

T-Shirt Size:     Youth Small     Youth Medium     Youth Large     Adult X-Large     Adult 2X-Large  
                          Adult Small     Adult Medium     Adult Large     Little Cat Lap     Virtual Runner  
Event:             5K                     Fun Run                     Diaper Dash                     Little Cat Lap                     Virtual Runner

**Waiver:** I hereby release and discharge Westchester from any and all claims for damages suffered by me as a result of my participation in or traveling to or from said event to be held May 11, 2019. I further certify that I am in proper physical condition to participate in this event, and that I understand that participating in this event will subject me to potentially dangerous conditions, including heat, humidity, uneven terrain and other runners/walkers who may cause falls and other injuries.

Athlete's Signature \_\_\_\_\_  
Parent's Signature (if athlete is under 18) \_\_\_\_\_

Please send form and check to:

**W-DAY 5K Cat Challenge • Adam Schwartz, Athletic Director**  
**2045 N. Old Greensboro Road • High Point, NC 27265**

or register online at [www.westchestercds.org](http://www.westchestercds.org)



CHALLENGE  
2-0-1-9



FIFTEENTH ANNUAL  
**W-DAY 5K CAT  
 CHALLENGE**  
 2•0•1•9

**LOCATION**

The campus of Westchester Country Day School  
 2045 N. Old Greensboro Road  
 High Point, NC 27265

**TIME**

**Registration** .....7:45–8:30 am  
**1 Mile Fun Run** .....8:30 am  
**5K** .....9:00 am  
**50 Yard Diaper Dash** ..... 10:00 am  
*(2 years old & younger)*  
**Little Cat Lap** ..... 10:00 am  
*(3 & 4 year olds)*  
**Awards Ceremony**.....30 minutes after 5K

**INFORMATION**

For further information, contact:  
 Adam Schwartz, Athletic Director  
 Phone: 336-822-4063  
 adam.schwartz@westchestercds.org  
 or check the website: [www.westchestercds.org](http://www.westchestercds.org)

**T-SHIRTS**

T-shirts will be given to the first 200 entrants!  
 (Sign up early to be guaranteed a t-shirt!)

**AWARDS**

- Top 3 overall male and female
- Individual grade winners
- Faculty award winners

**Age group winners:**

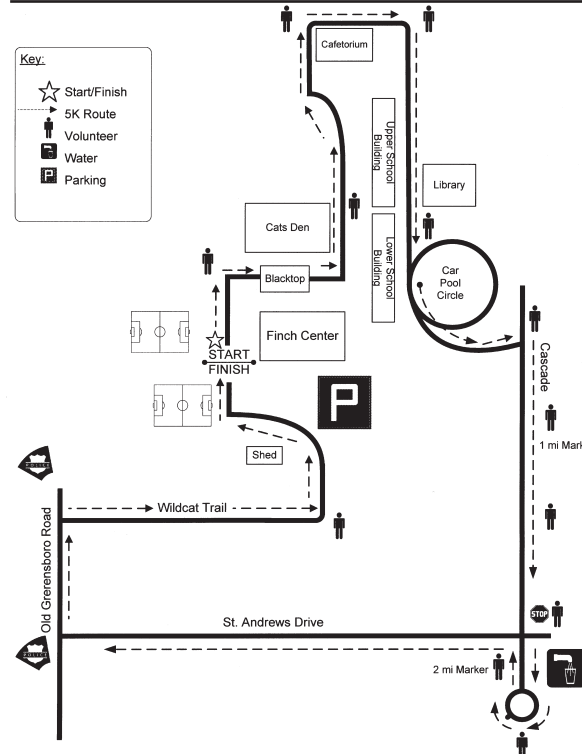
19 - 25                      46 - 55  
 26 - 35                      55 & over  
 36 - 45

**Ribbons for all Fun Runners, Diaper Dashers,  
 and Little Cat Lappers!**

**A Special Note**

The WCDS 5K is held in memory of Hobeys Ragan,  
 devoted father and dedicated Wildcat fan. A portion of  
 the proceeds benefit the American Lung Association.

**5K ROUTE**



**REFRESHMENTS**

Food provided by McDonald's of High Point  
 Plus - Pizza Vino pizza, biscuits, bagels, fruit,  
 coffee, drinks, and more!

**ENTRY FEE**

	Early Registration	After Apr. 19	On Race Day
W-DAY 5K Run & Walk ...	\$20	\$25	\$30
1 Mile Fun Run .....	\$10	\$15	\$20
50 Yard Diaper Dash.....	Free	Free	Free
Little Cat Lap.....	Free	Free	Free

**RECORD TIMES**

**OVERALL MALE**

Chris Anderson..... 15:41

**OVERALL FEMALE**

Heather Foster ..... 20:36

**UPPER SCHOOL WCDS STUDENT**

(Boy) Chris Anderson ..... 16:19  
 (Girl) Avery Goho ..... 22:45

**MIDDLE SCHOOL WCDS STUDENT**

(Boy) Luke Evans..... 18:25  
 (Girl) Claire Council ..... 22:29

**LOWER SCHOOL WCDS STUDENT**

(Boy) Samuel Carey ..... 21:35  
 (Girl) Ali Schwartz..... 23:16

**WCDS ALUMNI**

(Boy) Chris Anderson '12 ..... 15:41  
 (Girl) Laura Sams Wansley '97..... 21:30

**WCDS FACULTY/COACH**

(Boy) Tim Anderson ..... 19:12  
 (Girl) Lisa Meyer-Braun..... 23:55

*Chrono Track chip timing by Queen City Timing*