



Cedarcrest High School

Home of the Red Wolves!

Volume 24 Issue 9 May

Message from the Principal...

Spring is here, testing is here, and we are here. Hard to believe but there are only eight weeks left until summer break! Should we celebrate? Nope. Anybody that knows me probably knows this is when I say, *"Finish Strong!" Students, stay on top of your grades, check them online, ask your teachers how you are doing, make sure you are carving out enough time in the day to get your school work done! I know it is easy to get sidetracked but don't do it, stay Cedarcrest Strong!*

Parents, this may be the most important time for you to be there for your students. If they seem overwhelmed or stressed, just be there for them. My "better half" educated me a long time ago when she was stressed about something and I tried to tell her how to "fix it." She said, "sometimes I don't want you to fix it, I want you to feel it." So, sometimes you fix it, sometimes you feel it. I have found that being there and being able to empathize is usually a better solution than my idea of a "fix." If your student is stressing, maybe you just need to go out for a gelato, watch a TV show together, go for a walk and a talk, or come to a school event together.

For your free time, my best advice at this time of year is always to go out and find something fun to do! There are a lot of fun and interesting things going on in May around school. This week look for:

- Our SBA testing begins next week (May 8, 9, 10) with the **SBA Language Arts test** for all sophomores and any juniors or seniors who still need to take it. We will have our late arrival days to optimize the testing environment for our students. Math SBA will be later in the month, May 29, 30 and 31. I know the SBA feels like a test, but have fun with it, rest up, be mentally ready and do your best!
- This weekend is the final weekend for **"Grease"** presented by the CHS Theatre Department and Thespian Society. Shows this week on Friday and Saturday at 7PM. Get your tickets early as they do sell out!
- **Baseball** playoff game at home on Wednesday at 4PM vs. Liberty.
- **Cascade Conference Track and Field** at CHS on Thursday at 4:00PM.
- **Fastpitch** at home on Friday at 4PM vs. AMHS.
- **Soccer** playoff game at home on Saturday at 2:00PM vs. Opponent TBA
- **FFA Plant Sale** at the Greenhouse this Friday at 3PM and Saturday at 8 AM.

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Important Phone Numbers

Main Office
(425) 844 - 4800

Attendance Office
(425) 844 - 4806

Counseling Office
(425) 844 - 4807

Office Hours
6:30am - 3:00pm

**For School Closure,
Late Start or Early
Dismissal
Information**

[Riverview School District](#)

Other events coming up in May include (but are not limited to): AP Testing begins May 7th and continues until May 17th, FFA State begins May 10th and continues to May 13th, CHS Band Boosters Social and Silent Auction on May 18th, Prom on Saturday May 19th at Emerald City Trapeze, Spring Band Concert May 24th, and the ever-popular Rube Goldberg Night on May 30th.

Finally, next week, May 7 to 11 is National PTA Teacher Appreciation Week. So, students, be extra kind to your teachers!

Ray LaBate
Principal

HIV/AIDS Education

The AIDS Omnibus Bill, enacted by the legislature, requires that all AIDS curriculum materials used in the district be state approved. School districts must also provide AIDS education "to all students grades five through twelve once during each school year." Riverview School District is using the state approved [KNOWAIDS](#) and [F.L.A.S.H.](#) programs, developed by the Office of the Superintendent of Public Instruction and a team of school district, university and Department of Social and Health Services personnel.

At CHS we will be asking students to view a video and power point presentation that deals with HIV and AIDS. The presentation will discuss the facts related to all aspects of contracting and treating HIV as well as current statistics. The presentation will be on Wednesday, May 24th during advisory. If you would like to preview the presentation or if you prefer your student to not view this presentation please email Mr. Ruhland with your request. ruhlandm@rsd407.org

Multicultural Festival

Multicultural Festival

Cedarcrest's very own ☐ fiesta de la fête
May 18th 12:45 - 2:45pm

Come join us May 18th, right after school, for our annual Multi-Cultural Celebration!

The Spanish, French, and Japanese classes invite you to our annual party, where we showcase games, activities, music, and food from around the world. Pick up a free ticket from any student currently enrolled in a foreign language classroom, or come to portable 4 for more information.

Community Job Fair

Community Job Fair

Riverview School District will be hosting a Community Job Fair

Who: Adults, Students, Anyone looking for Work
When: Saturday, May 5, 2018 From 10:00am-1:00pm
Where: Riverview Educational Service Center

Come and learn about employment opportunities available in our Carnation/Duvall community.

Quick Links

[2017-2018 Calendar](#)

[Bell Schedule](#)

[Cedarcrest Website](#)

[Cedarcrest Monthly
Calendar](#)

[Riverview School
District](#)

[Family Access](#) Check
your Student's Grades
Online

Important Reminder

Please remember all parents and visitors must sign in at the main office when visiting the campus. We will be issuing a temporary visitor badge while in the building. Thank you for helping keep our school safe and secure.

Numbered parking spaces are reserved from 6:30 am to 2:15 pm on school days. Violators will be ticketed and/or towed. Guests, please park in the visitor parking lot located in the west parking lot.

Payments Accepted

Before school 6:30-7:30am, Break, Lunch & after school 2:00-3:00 pm. Payments can be made in the Main Office with Patricia or through [eFunds](#) online or with the mobile app.

Refund Policy for Student Fees:

Refunds for class fees must be requested by mid-term of the semester in which the class was originally scheduled. After mid-term, no refunds will be issued. Sports participation fee refunds must be requested within the sport season that was paid for. Payments may be refunded or you can have your fee applied to a later season within the same school year if applicable. No refunds will be made from a prior year's payment. Sport participation refunds will only be issued prior to the first regular

Riverview Transportation

Riverview Transportation Is Hiring People With Positive Attitude

Become A Professional School Bus Driver

Starting at \$ 19.68

Start a Career	Weekends and Holidays Off
Free Training	Flexible Schedule
Part/Full- Time	Driver Reimbursement Incentive
Benefits	Retirement
CDL test paid	DOL Physical Paid

Classes starting soon and in the summer of 2018!!!

Want more info call (425) 844-4540 or apply @ www.rsd407.org

College and Career Center News

JUNIORS planning to apply for college in the fall should try and finish this year with the college entrance exams completed. If they are not satisfied with their scores this will allow them the opportunity to take the first administration in the fall for the 2018-2019 school year. Listed below is the information for the last tests this spring for the SAT and ACT.

SAT - June 2 - Registration due by May 3

ACT - July 14 - Registration due by June 15

*****ATTENTION SENIORS****** If you have decided a 4-year college isn't for you stop by the Career Center for other opportunities. Technical colleges, Community Colleges, and Employers will be visiting the CHS over the next couple of months so you can find an opportunity that is right for you after high school. These visits will be announced in the mornings, on the TV in CC, and you can always stop by to talk with Mrs. Jennings.

Senior Awards Night 2018 - Wednesday June 6th 6:00 p.m. ESC

(Educational Service Center)

15510 1st Avenue NE, Duvall

Counseling Center

Greetings from CHS Counseling Center!

This is an exciting and yet also stressful time of year, especially for our seniors! While the school year is winding down, there is lots of work to do. There is still plenty of time to either recover low grades or to prove your mastery of each class. With the sun finally out and lots of year-end activities going on, it is vital that students stay focused. Persistence, resilience, and optimism are great character traits to be mindful of this time of year. In thinking about these important character traits, self-talk has a lot to do with our ability to succeed. Did you know that our brains create high-speed connections around our most common types of thinking? So, if you are constantly using negative self-talk and being down on yourself, you are creating a super highway of doom and can self-actualize negative outcomes. The next time you feel challenged, instead of saying that you can't do it or get easily frustrated, tell yourself that you know the steps or have gotten through it before and will keep trying until you overcome your challenge. I found an image on the internet that I found helpful by Napoleon Hill, Think and Grow Rich that explained how to develop persistence well. It said to develop persistence we have to have: 1. A definite purpose backed by burning desire for

season competition. No refunds will be issued for students who become ineligible due to grades or Code of Conduct violations.

Athletics

Cascade Athletics is the website where you can find everything for Cedarcrest High School Athletics! Here you can see the daily schedule, news, Cedarcrest contacts, directions to our playing facilities, photos, standings and more. Be sure to click the orange Subscribe button to subscribe to the Cedarcrest sports teams you wish to get schedule updates for and follow them on their official Twitter page:

@CHSRedWolves. Instant schedule change alerts will be sent to subscribers and on Twitter. Go Red Wolves!

Stay Connected with CHS Using REMIND.COM

Class of 2018: Text **@2018chsrw** to **81010**. Or, in your phones web browser type: **rmd.at/2018chsrw**

Class of 2019: Text **@2019chsrw** to **81010**. Or, in your phones web browser type: **rmd.at/2019chsrw**

Class of 2020: Text **@2020chsrw** to **81010**. Or, in your phones web browser type: **rmd.at/2020chsrw**

Class of 2021: Text **@2021chsrw** to **81010**. Or, in your phones web browser type: **rmd.at/2021chsrw**

Winter is fast approaching. Stay warm and cozy all the time and show school spirit.

Cedarcrest Stadium Blankets for sale - \$50 Proceeds to benefit the Track & Field team

Cedarcrest "Soccer style" scarves for sale - \$20

its fulfillment, 2. A definite plan, expressed in continuous action, 3. A mind closed tightly against negative and discouraging influences, and 4. A friendly alliance with one or more persons who will encourage one to follow through with both plan and purpose. Persistence, positive self-talk, and optimism are keys to having a positive and successful school experience. YOU have the power to make the difference in your school experience. Make these last couple of months your best ones yet!!! As always, please reach out anytime you have a concern about your school experience.

Proceeds to benefit the
Cross Country team

Contact Bruce McDowell
425-844-4832
mcdowellb@rsd407.org

AP Testing

IMPORTANT AP EXAM INFORMATION

On Exam Day.....

Be sure to get a good night's rest before your exam and eat a nutritious breakfast. You are allowed to bring a snack and beverage for your 10-minute break, however food and drink are prohibited during the exam.

ARRIVE ON TIME: All AP Exams take place at the Riverview District Office (ESC), 15510 1st Avenue NE, Duvall. For morning exams arrive by 7:30am, for afternoon exams arrive by 11:30am. If you arrive after the exam packets have been opened, you will not be allowed to take the test and you will not get a refund.

STUDENTS MUST PROVIDE THEIR OWN TRANSPORTATION TO THE DISTRICT OFFICE and carpool to and from the District Office and CHS. Work out your rides and carpools now! For the afternoon exams of Physics, Computer Science and Statistics, make sure you leave CHS in time to eat your lunch and be at the District office by 11:30am.

PARKING AT THE DISTRICT OFFICE: Do not park in the 20 spaces directly in front of the main entrance because that's where the district office employees park. Drive through and park in the adjacent large side lot, or in the lot between the library and district office.

EXAM COMPLETION/DISMISSAL TIMES: Students will not be dismissed until an exam has officially ended, so do not ask to leave early if you finish before the end of the exam. This is College Board policy. If you play a sport or have a job, it is your responsibility to inform your coach or employer of your AP Exam obligation and make arrangements. We anticipate morning exams will end at approximately 12pm and afternoon exams will end at approximately 4pm. These are estimates and the actual timing for exams will vary depending on subject and the number of students taking the exam.

SCHOOL ATTENDANCE BEFORE OR AFTER EXAMS: You are expected to attend classes when not taking exams. All students must check in at the attendance office upon returning to CHS after morning exams.

WHAT TO BRING TO THE EXAM:

- Several sharpened No. 2 pencils with erasers for completing multiple-choice answer sheets.
- Pens with black or dark blue ink for completing areas on the exam booklet covers and for free-response questions in most exams.
- A watch (that doesn't beep or access the internet) in case you cannot see the room clock from your seat.
- Up to two calculators if you are taking the AP Biology, Calculus, Chemistry, Statistics, or Physics Exam(s). For more information about the calculator policy and a list of acceptable calculators, visit this website: <https://apstudent.collegeboard.org/takingtheexam/exam-policies/calculator-policy>
- A ruler or straightedge if you are taking the Physics exam. (Protractors are NOT allowed.)
- A snack and beverage for your ten-minute break.
- A sweatshirt or sweater in case the room temperature fluctuates.

DO NOT BRING THE FOLLOWING TO THE EXAM:

- Books, compasses, mechanical pencils, #3 pencils, colored pencils, correction fluid, dictionaries,

highlighters, or notes.

- Rulers, straightedges and protractors (except as previously noted for Physics.)
- Reference guides, keyboard maps, or other typing instructions.
- Scratch Paper. (You will be able to make notes on portions of the exam booklets.)
- Watches that beep or access the internet.
- Computers or calculators (except as previously noted).
- Reference guides, keyboard maps, or other typing instructions.
- Portable listening or recording devices (even with headphones) or photographic equipment.
- Clothing with subject-related information.
- Ear plugs.
- Clipboards.
- All electronic devices, except specific calculators noted above, including cell phones, digital cameras, personal digital assistants, smart phones, smart watches, Bluetooth-enabled devices, MP3 players, email/messaging devices, or any other electronic or communication devices.
- Phones-**smart phones are not allowed in the exam room.** If you bring your phone, you will be required to place it in a storage bin to be kept at the ESC front desk until your exam is concluded.

College Board Banned Electronics Penalty: If a student uses a cell phone or posts to any form of social media, the student's score will be cancelled, no retest will be permitted, and the student may be permanently barred from AP testing.

2018 AP Exam Schedule

DATE	SUBJECT	STUDENT ARRIVAL TIME	EXAM START TIME	Room (s)
Monday May 7	Chemistry	7:30AM	8:00am	Ass. Hall
Tuesday May 8	Physics 1: Algebra Based	11:30am	12:00pm	Ass. Hall
Wednesday May 9	English Literature & Composition	7:30am	8:00am	Ass. Hall
Thursday May 10	U.S. Government & Politics	7:30am	8:00am	Ass. Hall
Friday May 11	U.S. History	7:30am	8:00am	Ass. Hall
Monday May 14	Biology	7:30am	8:00am	Ass. Hall
Tuesday May 15	Calculus AB	7:30am	8:00am	Ass. Hall
	Computer Science A	11:30am	12:00pm	PL 1 PL 2
Wednesday May 16	English Language & Composition	7:30am	8:00am	Ass. Hall
Thursday May 17	Statistics	11:30am	12:00pm	Ass. Hall
Wednesday May 23	Alternate Chemistry	11:30am	12:00pm	PL 2
Friday May 25	Alternate Government & Politics	7:30am	8:00am	PL 2

Cedarcrest FFA goes to State Horse Judging

Cedarcrest FFA traveled to Ellensburg on April 18, 2018 for the WA State FFA Horse Judging Competition, making it Cedarcrest's second year attending. Team members included Brooke Downing, Elisabeth Anderson, Taylor Ford, Sierra Owens, Ella Dianich, and Avery Jacob.

The purpose of the Horse Evaluation Career Development Event is to promote the study of and interest in equine science selection, care and well-being, management and production through the agricultural education curriculum, encourage experiential learning through use of practical skills and applied knowledge, and provide recognition for those who have demonstrated skills and competencies as a result of instruction in equine science.

When asked about the event Elisabeth Anderson, sophomore at Cedarcrest, said "it was so great to use the horse knowledge I have learned since I was little. FFA is very fun and I'm already looking forward to next year." The team did outstanding placing 4th out of 21 WA State Teams, the highest Cedarcrest has placed in horse evaluation. Avery Jacob also received a top individual award for placing 5th out of 109 participants.

State Forestry at Lincoln Tree Farm

April 26th, 2018 The Cedarcrest FFA Forestry team traveled to Puyallup last week for the state competition. They placed 5th out of 20 teams. The Forestry CDE provides recognition to FFA members who demonstrate skills and competencies as a result of forestry instruction through agricultural education. The Forestry team is made up of 5 FFA members who compete in individual activities and four members who compete in a team activity. The individual activities include reforestation, timber stand improvement, timber cruising for cord volume, timber cruising for board foot volume, tree identification, ocular estimation, land measurement, hand compass practicum, forest management and tree/forest disorders. The FFA is a national organization of over 507,000 members. The FFA mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. The team consisted of Shad Mills, Kire Standefer, Ella Dianich, Leila Misallati, and Megan Reid. High Individual for the team Was Megan Reid. The Forestry Team did a very good job representing the Cedarcrest FFA in their last competition in Longview, bringing home 5th place.

Important Dates:

- May
- 4th & 5th Plant Sale
- 9-13th State FFA in Pullman WA
- 18th Flower planting in Carnation WA
- 23rd FFA Banquet 6-8pm
- 22nd PSJLS Mandatory parent meeting 7pm
- May 31st -June 2nd Livestock Auction
- June 2nd Duvall Days Parade

**CEDARCREST
PLANT
SALE**



WHEN
 April 27th & May 4th 3pm-7pm
 April 28th & May 5th 9am-3pm

WHERE
 CEDARCREST HIGH SCHOOL
 GREENHOUSE
 DUVALL, WA 98019

BENEFITING
 Cedarcrest FFA Students



BEDDING PLANTS HERBS ANNUALS
 HANGING BASKETS EDIBLES
 SUCCULENTS PERENNIALS
 ...AND MORE!

Visit our Facebook page for more information: CedarcrestFFA
 Questions: thomass@rcd407.org



Nurse's Notes

With Summer break coming soon, now is a great time for making appointments with your healthcare provider for well-child checks/physicals and vaccinations, if needed.

Complete immunization records or a signed exemption form are required by Washington State law for school attendance.

You can access your student's immunization record at

www.doh.wa.gov/YouandYourFamily/Immunization/ChildProfileHealthPromotion/ForParents/AccessyourFamylsImmunizationInformation

In

Spanish: <http://www.doh.wa.gov/YouandYourFamily/Inmunizacion/Accedalainformaciondevacunaciondesufamilia>

If your student has an IHP on file at the school, paperwork will be sent home in June. Please update and have your healthcare provider sign it, as well as fill out and sign the [Medication Authorization form](#) if medication will be needed at school next year.

If you have any questions or concerns, please contact me.

Leigh-Ann Gutmann, RN
425-844-4878
gutmannl@rsd407.org

PTSA

Congratulations to the 2018-2019 CHS PTSA Executive Board Members:

President - Nicole Rohwer
Vice President - Nancy Perry
Treasurer - Marci Campbell
Secretary - Theresa Tenney

There are several positions open if you'd like to become more involved with our amazing PTSA. For more information, please contact PTSA President, Patricia Koster at patricia_koster2@hotmail.com

Find us on Facebook: [Facebook.com/cedarcresptsa/](https://www.facebook.com/cedarcresptsa/)

Class of 2018

GRAD NIGHT BUS SIGN-UPS

May 22, 23 & 24 (during lunch)

Seniors must have release paperwork and payment submitted before they can select a bus for grad night.

If you have not received an email confirmation that your senior's paperwork and/or payment has been received, please email Robin.Johnson@Hotmail.com to verify.

CONGRATULATIONS to AARON DAVENPORT.

He was the winner of the bus sign-up contest. He will receive first choice for bus sign-ups, along with five of his friends.

CHS - PTSA Presents Senior Slide Show

Photos will be shown on **June 13th and**
at the commencement of graduation on **June 15th**

WE NEED YOUR PICTURES by May 25, 2018.

- * Please send three (3) pictures of your senior to chs2018pics@outlook.com
- * Both group and individual photos are welcome.
- * Photos can be from over the years.
- * Include the name of you senior in the email and provide a contact phone number.
- * Photos can be either in landscape or portrait orientation.
- * If you are scanning printed photos, please ensure the resolution on your scanner is set to at least 300dpi



GRAD NIGHT TICKETS

are still available

Ticket price is **\$175**

Tickets are non-refundable

Please make checks payable to **CHS PTSA**

Forms can be found at <http://chs.my-pta.org> and in the main office.

Please submit the Grad Night Release & Food Allergy forms with payment.

Payment plan available at <http://chs.my-pta.org>

Talk to your counselor about scholarships

[Important Dates for Seniors 2018](#)

Senior Calendar:

- | | |
|----------------|---|
| May 22, 23, 24 | - Grad Night Bus sign ups |
| June 6th | - Senior Awards |
| June 10th | - Baccalaureate |
| June 13th | - Senior Slide Show |
| June 15th | - Graduation Practice, Ceremony, and Grad Night Event |

For more information, please visit <http://chs.my-pta.org> and select the Class of 2018 tab and follow on Facebook at <https://www.facebook.com/CHSRedWolvesDuvall/>

CLASS OF 2018

Please join our Facebook group to stay up on any happenings for the Class of 2018.

<https://www.facebook.com/CHSRedWolvesDuvall/>

CLASS OF 2019

Please join our Facebook group to stay up on any happenings for the Class of 2019.

<https://m.facebook.com/groups/125302461456720>

CLASS OF 2020

Do you currently have a Sophomore student that will graduate in the year of 2020? Please join our Facebook Group at: Cedarcrest High School - Class of 2020 for current news for parents and to find out how to be involved. Questions? Contact Nancy Perry, tnraperry@msn.com or Anna Lamb, banana84037@msn.com

<https://www.facebook.com/groups/1952167818338667/>

CLASS OF 2021

Please join our Facebook group to stay up on any happenings for the Class of 2021.

<https://www.facebook.com/groups/354196198343202/>

Band

[Please Join Us for the Spring Concert](#)



2nd Annual CHS Band Boosters Social & Silent Auction - "Let the Band Play On!"

On May 18th, from 6:00 to 8:30 pm, at Cherry Valley Winery you can help the Band Boosters raise money for rain gear and exotic instruments. The cost is \$20 per person, which includes food and live music, provided by the Cedarcrest Jazz Band. There will be a no host bar featuring Cherry Valley wines. A number of great items will be available to bid on or purchase, including the following:

- Day-trip to Leavenworth which includes a museum tour, lunch and a rafting trip
- X-Box 1S
- Panera bagels for a year
- Tom Bihn Aeronaut travel bag
- River Valley Cheese Making Experience
- Wine packages
- Musical, Museum and Sporting event tickets
- Numerous local business gift certificates and items
- Much, much, more!

We look forward to seeing you to help us "Let the Band Play On!" Go on-line to RSVP as well as pay in advance or pay at the door on the evening of the event. <http://www.cedarcrestbands.com/content.asp?PageID=25>



Equestrian Team

The Cedarcrest High School Equestrian Team competed in its final 4-day WAHSET District meet for the season March 22-25. The small team of 9 competing athletes finished with 106 points winning the overall team points for small teams in the district!

Individually, the athletes competed in 13 out of 18 events with 40 individual rounds during the meet against large teams of over 40 members. This brought home home top 10 finishes for Cedarcrest in Dressage, Hunt Seat Equitation, Saddle Seat Equitation, Hunt Seat Equitation Over Fences, and Trail Equitation. In team events, athletes placed in the top 10 in Working Pairs and Canadian Flags. There were marked improvements for all individual and team events throughout the season resulting in gold medals for the Freestyle Fours Drill team

(Piper Canning, Maddy Kniss, Avery Jacob & Megan MacLane) and silver medals for the In-Hand Obstacle Relay team (Haley Wilkes, Ariana Marquez, Maddy Kniss & Avery Jacob) which qualifies both for the State Meet May 17-20 in Moses Lake WA.

Cedarcrest has 4 individual state qualifiers including senior ARIANA MARQUEZ (Dressage, Hunt Seat Equitation, Saddle Seat Equitation), sophomore AVERY JACOB (Dressage, Hunt Seat Equitation Over Fences), sophomore MADDY KNISS (Hunt Seat Equitation Over Fences), and freshman LILY RICHARDSON (Hunt Seat Equitation, Reining, Showmanship, Stock Seat Equitation, Trail Equitation).

The coaches, parents, and community supporters are incredibly proud of these athletes as they continue to remind the larger schools not to underestimate this small but mighty team! This 3 year old team has 7 of its 10-member team going to State this year! GO RED WOLVES!!!

Father Daughter Dance

Father and Daughter Dance

Sponsored by Cedarcrest DECA



May 26th
6:00-8:00pm
\$25 at door for a pair
(\$5 extra for each additional guest)
Food and Music
All inclusive event
Riverview Educational service Center (ESC) in Duvall.
Questions?
Contact our Advisor , Marc Hillestad @
hillestadm@rsd407.org

DECA

BIG ROCK CLASSIC CAR SHOW



Presented by Cedarcrest DECA 

JUNE 2ND, 2018 - Duvall, WA
9am-3pm \$25

Proceeds benefit Alzheimer's Association



alzheimer's  association®

the compassion to care, the leadership to conquer®



For more information or to register:

<https://www.bigrockclassiccarshow.com/>

DECA NEWS

GO DECA!!



REF RUN

Big strides for education.



5K • 10K

Kids Obstacle Run

Sunday, June 3rd
McCormick Park in Duvall.

Start Times:

- 10K by IRG Duvall PT – 8:00 AM
- 5K by The Irwin Group – 8:15 AM
(Due to trail capacity we must cap the 5K at 400 participants—so don't delay!)
- Kids Obstacle Run by CrossFit Big Rock – 9:00 AM



All proceeds from the Run support Health and Wellness Grants in Riverview School District

www.refweb.org/run

Nondiscrimination

The Riverview School District complies with all federal and state statutes and regulations and does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal, and provides equal access to the Boy Scouts and other designated youth groups. This holds true for all district employment and student opportunities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/RCW 28A.640 Officer (Janet L. Gavigan, 425-844-4500) and Section 504/ADA Coordinator (Dr. Ken Heikkila, 425-844-4500) at 15510 1st Ave. NE, Duvall, WA 98019.