

SUNSET VALLEY

IT'S GOOD TO BE HERE

Hello Sunset Valley residents!

Wondering What's Good this week? We're proud that Sunset Valley is the new host of the [Daisy Dash 5k and 10k](#) race on **Sunday morning, October 24th beginning at 7:30 a.m.** This family friendly event is starting and ending along Ernest Robles Way at Upper Cougar Creek. And you are invited to [participate](#), [volunteer](#) or just be a cheerful spectator along the runner's route.

[Register today at austinrunners.org/events/daisy-dash/.](https://austinrunners.org/events/daisy-dash/)

We've taken great care to make this iconic, 44-year-old race a part of What's Good in Sunset Valley this year. All runner's will be parking in the north end of The Village Shopping Center near Petco and Schlotzky's so no vehicles will be permitted on residential streets. We encourage you visit the Austin Runner's Club [website](#) to check out the details for the Daisy Dash and its history as Austin's oldest 5k race. It began as an event exclusively for Women more than 3 decades ago; but today this legendary race includes everyone, even kids! Proceeds of the ARC Daisy Dash will benefit [Marathon Kids](#), an organization dedicated to improving the health of every child.

So, bring a lawn chair over to Jones Road between City Hall and Upper Cougar Creek, or near the Toney Burger Center and cheer everyone on as they make the loop and head back to the park for the finish line and awards ceremony.

After the races, there will be a finisher's party for the whole family and an awards ceremony to celebrate everyone's accomplishments. And the organizers will still be honoring Daisy Dash tradition by handing out flowers to every woman and girl that completes the 5k.

We hope to see you there to support what could become an annual, signature event for Sunset Valley. It's our first time as event hosts, so come on out to enjoy the race and let's show them why...**It's Good To Be Here!**

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More About Marathon Kids

Today's generation of children have a shorter life expectancy than their parents. Only 1 in 5 children receive the recommended amount of physical activity per day, leading to health problems, poor behavior, and low self-esteem.

Marathon Kids is on a mission to change that. By introducing children to running at a young age, they're more likely to develop positive associations with physical activity, to see themselves as capable and strong, to improve their confidence, and to remain active for life! Running is more than just fun — it is a catalyst for change!

MARATHON KIDS

Interested in Joining Austin Runner Club?

Want to save 15% on your registration? Consider becoming a member of Austin Runners Club! As a member of ARC (a local non-profit since 1974) you'll be privy to a plethora of discounts on running gear, health & fitness services, and local race registrations. At just \$30/year for individual or \$40/year for family, the membership practically pays for itself!

To take advantage of the Daisy 5K discount for ARC Members, simply sign up for [ARC MEMBERSHIP HERE](#). Once you are registered, you'll be given access to the discount code needed for Daisy registration. (You must register as an ARC Member before registering for the Daisy 5K in order to

redeem the discount code.)

2021 Sponsors

Interested in becoming a sponsor? Please contact us at president@austinrunners.org. Thank you to our many 2021 sponsors who have already joined in support of this year's Daisy Dash 5k and 10k.

Volunteer Information

Interested in volunteering to help? [Signup here!](#) Please contact us at volunteer@austinrunners.org if you have any questions or would like more information.



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