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FOR IMMEDIATE RELEASE

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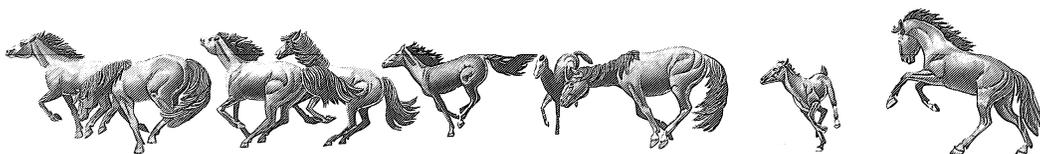
**DOOCY'S 19TH ANNUAL DASH FOR DIGNITY
THIS SATURDAY IN IRVING**

IRVING, Texas (Sept. 21, 2012) – Join honorary chairs, Mike and Ruth Doocy, in Irving this Saturday for the annual Dash for Dignity 5K and 1 mile fun run/walk. Dash is a fun-filled, family activity day that raises funds and awareness for the programs provided by [Citizens Development Center](#) (CDC) for adults with disabilities.

Registration is still open, and participants may register on-site this Saturday beginning at 7 a.m. The 5K Race begins at 8 a.m., followed by the one mile fun run at 9 a.m. Registration fees are \$25 for adults and \$15 for children under 12. Fee includes a 2012 Dash t-shirt, goodie bag, race entry and chip timing. CDC clients participate free of charge. Free parking is available at Waterway Tower Parking Garage, located at 433 E. Las Colinas Blvd, Irving, 75039.

There's more than just a race at Dash. Additional race festivities include face painting, food and coffee from [La Madeleine](#), a bounce house, music provided by DJs Fred and Mercedes Badyana, balloon animals, free table massages from [Amazing Grace Holistics & Massage](#), [Raising Cane's](#) lemonade, caricature portraits by Dorit Rabinovitch, healthy snacks from COSTCO, and more.

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For more information or to make a donation to support Dash for Dignity and CDC, visit citizensdevelopmentcenter.org.

Connect with Citizens Development Center, Mike Doocy and the ICVB on Twitter: [@CDC_Dallas](https://twitter.com/CDC_Dallas) , [@MDoocy](https://twitter.com/MDoocy) and [@VisitIrvingTx](https://twitter.com/VisitIrvingTx).

About Irving, Texas

Located immediately adjacent to Dallas/Fort Worth International Airport and between Dallas and Fort Worth, Irving, Texas, boasts more than 75 hotels and nearly 12,000 rooms. Las Colinas, a 12,000-acre master-planned community within the city of Irving, is known worldwide for its quality and uniqueness. The city is home to 10,000+ companies, 50 Fortune 500 companies, and the world headquarters of six Fortune 500 companies. For more information, visit irvingtexas.com

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