



DATE/PLACE

Saturday, April 28, 2012
Kiwaniis Park Tempe, Arizona
6111 South All American Way,
Tempe, AZ 85283
South Soccer Fields

RACE DAY SCHEDULE

Packet Pick-up/Race Day Registration 7:00 a.m.
5K Start 8:00 a.m.
5K Start for GOTR Participants and their Running Buddies 8:03 a.m.

NEW FOR '12

A competitive run, staggered race starts and a newly designed flat, fast, single loop course featuring ChronoTrack chip timing. Although the 5K will be timed this year, those who are interested in more of a fun run/walk are welcome and encouraged to participate as well.

ENTRY FEE (All Events)

All events thru April 27: \$25.00
Race Day: \$30.00

BE A RUNNING BUDDY

For many girls, this is the biggest accomplishment of Girls on the Run®. And one of their favorite parts is having their very own Running Buddy by their side! The job of a Running Buddy is to accompany and encourage one of the GOTR participants through her 5K experience. Interested? Visit our website for more details: www.gotrmc.org and sign up using this form or online.

ONLINE REGISTRATION

Register online at www.gotrmc.org. Online registration closes April 25, 2012 at 11:59 pm PST.

EARLY PACKET PICK UP/REGISTRATION

Registered participants can pick up their packets on Friday, April 27 Runner's Den from 10a.m. - 6p.m. or on race day. Registration will also be open at Runner's Den on the 27th.

DIVISIONS/AWARDS

The over-all woman and man and the top three finishers in each of five year age groups of the competitive run will receive awards.

ADDITIONAL INFORMATION

meagan@gotrmc.org 602.795.6572
or visit: www.gotrmc.org

Postmark by 4/23/12: Girls on the Run 5K c/o Runner's Den, 6505 North 16th St., Phoenix, AZ 85016

5K Run GOTR Running Buddy (Yes, I want to be paired with a GOTR participant!)

LAST NAME

FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP CODE

E-MAIL

DAY PHONE

AGE (on race day)

SEX (F M)

SHIRT SIZE (S M L XL XX)

Entry Fee

Donation to GOTR (optional)

Total Enclosed

Complete this section only if you are applying as a Running Buddy

How did you hear about Girls of the Run? _____

Why do you wish to volunteer with GOTR and what attracted you to our program? _____

Are you a returning Running Buddy? Yes No

Would you like to be paired with a specific GOTR participant? Yes No

If YES, please list her name here _____

School she attends _____

I understand that an event such as a 5K is a potentially dangerous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with participating in this event, including but not limited to temperature, conditions or athlete's equipment, vehicular traffic, contact with other participants, actions of volunteers, spectators and producers of the event and lack of hydration, all such risk being known and appreciated by me. Knowing these facts and in consideration of your accepting my fees, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not to sue, and waive and release every kind of nature whatsoever, foreseen or unforeseen, known and unknown. In consideration of your acceptance of this entry, I the undersigned, herby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Girls on the Run serving Maricopa and Pinal Counties, Runner's Den, Raceplace Events, City of Tempe, sponsors, coordinating groups, and any individuals association with the event and their representatives, successors, officers, agents and assigns, for any and all injuries sustained and suffered by me during this race. The undersigned further grant full permission to Girls on the Run serving Maricopa and Pinal Counties to use photographs, videotapes, recordings, or other records of this event for any purpose.

Signature/Parent/Guardian Signature

Date