

# Girls on the Run of Northwest Ohio Spring 5k

**Saturday, May 31, 2014**  
**The Shops at Fallen Timbers**

**Open to all runners & walkers of all ages!**



## Race Details:

- Registration begins at 7:30 a.m. Race begins at 9:00 a.m.
- Chip timing for runners 13 years and older.
- At least one water station on the course. Healthy snacks and refreshments provided at the finish line.
- Packet pick-up at Dave's Running in Perrysburg on May 30<sup>th</sup>, 6:00 -8:00 p.m. and on race day beginning at 7:30 a.m. Start line is near the movie theater.

## Awards:

- Overall & Overall Master (40+) Male and Female.
- Age group awards in 5 year increments for runners 13 years and older.

## Shirts:

- All participants pre-registered on or before May 23<sup>rd</sup> will receive a race T-shirt, registrants after that date are not guaranteed a race shirt.

## Entry Fees:

- Pre-registration for runners 13 years and older: \$25
- Race day registration for runners 13 years and older: \$30
- Registration for runners 12 years and younger: \$20



**Girls on the Run is a non-profit program for preteen girls that encourages self-respect and a healthy lifestyle through running. To learn more visit [www.GirlsOnTheRunNWOhio.org](http://www.GirlsOnTheRunNWOhio.org).**

Race officials may cancel, delay or change the event in case of extreme weather or other conditions that may affect the safety and health of the participants. In the event of cancellation, refunds will not be issued. Race registration fees are non-refundable.

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## Girls on the Run of Northwest Ohio Spring 5k

This registration form is for Mail-in, Drop-off, and Race Day Registration. Please complete and return to 6000 Renaissance Place, Suite A, Toledo, Ohio 43623 or register online at [www.GirlsOnTheRunNWOhio.org/5k](http://www.GirlsOnTheRunNWOhio.org/5k) or [www.davesraces.com](http://www.davesraces.com).

 Participant: \_\_\_\_\_

Age on race day: \_\_\_\_\_

☐ Male

☐ Female

☐ I am a Running Buddy for \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Registration amount: \$ \_\_\_\_\_ Please make check payable to Girls on the Run of Northwest Ohio.

T-Shirt Size: Adult ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL Race shirts are not guaranteed for registration after May 23<sup>rd</sup>.

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST GIRLS ON THE RUN OF NORTHWEST OHIO, SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

\_\_\_\_\_  
Signature of Participant (Parent/Guardian if under age 18)

\_\_\_\_\_  
Date

