



Girls on the Run of NW Ohio "RUN WITH YOUR HEART" 5k Event

CELEBRATING THE SPRING 2019 GIRLS ON THE RUN AND HEART & SOLE SEASONS IN NORTHWEST OHIO

Saturday, May 18, 2019
University of Toledo Campus

♥ event details ♥

Registration begins at 7:30am. 5k begins at 9:00am. Start line is just east of the University of Toledo Glass Bowl on Stadium Drive.

Chip timing available for runners ages 13 & older (non-program participants only).

Timing mats at start AND finish lines for accuracy.

Three water stations on the course. Healthy snacks & refreshments at finish line.

Packet pickup at Dave's Running during 5k week and on 5k Day beginning at 7:30am.

**boys (and men)
are welcome !!!**

♥ "Little Star" run

Open to Boys AND Girls 2nd grade & younger.

Only \$15! All participants receive a t-shirt & medal!

Run will begin promptly at 8:15am.

Registration available online or on 5k Day.

♥ awards & shirts

Overall & Overall Master (40+) Male & Female

Age group awards in 5 year increments for timed runners 13 & older.

All participants registered on or before MAY 4th are guaranteed a 5k shirt!



**heart
& sole**

♥ entry fee information ♥

Early Registration for runners 13 & older (thru April 30) - \$30

Standard Registration for runners 13 & older (May 1 - 17) - \$35

5k Day for runners 13 & older (May 18) - \$40

Registration for runners 12 & under (ALL dates) - \$20



**Stay up to date with all of the latest event
details on our Facebook page
and at 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.

cut here - entry form may be photocopied - please print



Girls on the Run of Northwest Ohio 5k

This registration form is for Mail-In, Drop-Off, and Race Day Registration. Please complete & return to:
6024 Renaissance Place, Suite E Toledo, OH 43623 or register online at www.girlsontherunnwohio.org or www.davesraces.com.

Participant Name: _____ **Age on 5k Day:** _____

♥ Male ♥ Female I am a Running Buddy for: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Email: _____ **Phone #:** _____

♥ Little Star Run ♥ 12 & Younger (5k) ♥ 13 & Older (5k)

T-Shirt Size: ♥ Youth Small ♥ Youth Med. ♥ Youth Large
♥ Adult Small ♥ Adult Med. ♥ Adult Large
♥ Adult XL ♥ Adult XXL ♥ Adult XXXL

Signature of Participant: _____ **Date:** _____

Parent/Guardian if under 18 years old

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executives, 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.