



# 2nd Annual THIN MINT SPRINT 5K FUN RUN / WALK OCT 4, 2020

**girl scouts**  
of western  
washington  
Troop 41693

Did you enjoy all those Girl Scout Cookies just a little TOO much? Here's a great way to work them off! The Second Annual **Thin Mint Sprint** is Sunday, October 4, 2020 at 9:30 am, starting and ending at Heritage Park at Capitol Lake in Olympia. The race is open to cookie monsters (and non cookie monsters) of all shapes, ages and sizes. This event is being held to encourage an active family lifestyle while helping us earn money for our travel and community service projects. Strollers are welcome. While we love our furry friends, please no dogs/family pets on the race course.



**FEES: One form per person please**

Registration received by 9/20/2020—**\$20.00**  
 Registration received by 9/30/2020—**\$25.00**  
 Register day of the event starting at 8:45 a.m.—**\$40.00**

**Sorry, No Refunds.**

**USATF Certified Course**

**Chipped Timing Check in: 8:30 a.m.**  
**Day of Race Registration: 8:45 a.m.**

One registration form per person must be submitted.  
 Please fill out and send with payment to:  
 Girl Scout Troop 41693  
 PO Box 306  
 Littlerock, WA 98556



**Contact Info!**  
[ThinMintSprint41693@gmail.com](mailto:ThinMintSprint41693@gmail.com)  
<https://www.facebook.com/ThinMintSprint5k>

**Registration must be received by  
 9/20/2020 if purchasing a Tshirt!**

**PLEASE WRITE LEGIBLY. IF WE CAN'T READ IT, WE CAN'T REGISTER YOU!**

First \_\_\_\_\_ Last \_\_\_\_\_

Birthdate \_\_\_\_\_ Age on 10/14/2020 \_\_\_\_\_  M  F

Address \_\_\_\_\_

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

Email \_\_\_\_\_

Phone \_\_\_\_\_

**TSHIRTS AVAILABLE FOR ADDITIONAL  
 \$15! ORDER BY SEPT 20, 2020!**

YM                       AL

YL                       AXL

AS                       A2XL

AM                       A3XL

**WAIVER: SIGNATURE REQUIRED**

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, Girl Scouts of Western Washington, Girl Scouts of Western Washington Troop 41693 and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature of Participant (or parent/guardian if under 18 years of age)

Date