

The New Balance Girls on the Run 5k

SATURDAY MAY 8TH 9:30 AM

Share a girl's excitement and enormous sense of accomplishment as she crosses the finish line of her 5K run. This adult runs by her side, encouraging her to do her best while also recognizing and respecting her limits. Rather than race competitively, Running Buddies are to encourage the girls to strive for their own goals. Share a girl's excitement and enormous sense of accomplishment as she crosses the finish line. We ask Running Buddies to commit to arriving 30 minutes prior to race start, be enthusiastic, supportive, fun, and flexible, and be able to run, jog, or power walk the 5k distance.

Who can sign up: Registration is open to a parent or relative of a GOTR participant, school system employees, and GOTR Coaches.
Running Buddies must be at least 16 years of age.

Younger siblings will not be allowed on the course and are not eligible to be running buddies.

Where: I.P. Frans Memorial Stadium-Crawdads Stadium **When:** May 8th, 2010 9:30 AM

Cost: There is no cost to run with your child. Donations will be accepted for our scholarship fund. The option to **purchase a race t-shirt/bag for \$10 is available.** T shirt sizes and orders received by May 1st will be guaranteed.

Name _____ Phone _____

Address _____

GOTR participant planning to run with _____ school _____

I wish to purchase a t-shirt for \$10 circle size YM YL AM AS AL AXL

T shirt orders received by May 1st will be guaranteed. A supply will be available for purchase on race day, but sizes can not be guaranteed. Checks accepted for T shirts. **All running buddies will be required to sign this waiver and wear a race day number**

Please read and sign: Waiver of Liability. I fully assume and understand the risks of participating in an open course run including death or injury due to vehicles, falls, collisions with other participants or spectators, actions by hostile humans or animals, uneven pavement, obstructions, adverse weather, sudden illness and all other risks. I attest that I am physically fit to participate. I authorize run officials to provide medical attention at my expense should I appear in need. For injuries I sustain, including death, I agree to save and hold harmless Gotr of Catawba Valley, YMCA of Catawba Valley, city of Hickory, local government, law enforcement personnel, volunteers, event staff, suppliers, contractors, and anyone else connected with the organization of this event, from any claim or lawsuit that may be brought at any time by me, my family, estate, heirs or assigns. Arising from my participation in this event or the instruction I received.

Waiver for Publicity: I agree that images taken of me during this event may be used in any legal manner without payment o me. I have read and understand the terms of this document. I make this agreement and turn in my entry fee in exchange for the privilege of participating under the conditions of the event.

Signature _____ Date _____

Parent/Guardian if under 18 _____

Registration Forms can be turned in at Fleet Feet Sports, race day morning from 8am-9:30 am, or mailed to:

GOTR of Catawba Valley
4445 3rd St LN NW
Hickory NC 28601

Checks made to GOTR accepted for T shirts. Orders received by May 1 will be guaranteed. A limited supply will be available for purchase on race day. Sizes may be limited on race day.

All running buddies will be required to sign this waiver and wear a race day RB number.

F. Alice Bishopric, MD

S. Kimberly Jones, DDS

