

About Girls on the Run of Maricopa County

Girls on the Run of Maricopa County is an after-school program for girls in grades 3-5. The program is designed to increase physical activity and emotional health by providing girls with the tools to make healthy decisions and form healthy self-images. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goal of the program is to encourage positive emotional, social, mental, spiritual and physical development.

Girls on the Run of Maricopa County is a nonprofit 501(c)3 organization funded by participant fees, donations, and corporate sponsors.

If you are interested in volunteering with Girls on the Run of Maricopa County, would like to be a sponsor, or are interested in getting the program at your daughter school, please contact Amy at 602-759-6572 or email at: amy@gotrmc.org.

Program Sponsors:



Thank you to SRS Design Studio for the design of this brochure.
Contact: suzanne@srsdesignstudio.com

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Please visit our website:
www.gotrmc.org



Saturday
May 17, 2008

Kiwanis Park, Tempe, AZ



Packet Pick-Up/Registration
7:00 a.m.

5K Fun Run/Walk
8:00 a.m.



Running Masters
PO Box 27602
Tempe, AZ 85285

Proceeds Benefit:
Girls on the Run of
Maricopa County
www.gotrmc.com

Schedule:

- 7:00 a.m. Packet pickup/Registration
- 7:50 a.m. Warm-up
- 8:00 a.m. 5K start
- 9:15 a.m. Raffle Drawing

Parking & Race Course:

Please use the north entrance to the park which is on Baseline Road between Kyrene and Mill Ave. From the north parking lot follow the signs for the Wondergirl 5K. The start line is on the west side of the lake, the course will loop around the park and will finish back at the start line.

Timing:

The Wondergirl 5K is not officially timed, however, there will be a clock at the finish line for runners to check their times.

Event Week Packet Pick Up and Late Registration:

In-person, mailed-in and online registrants may pick up T-shirts, gear and bib numbers at Runner's Den, 6505 North 16th St. (16th St. and Maryland in Phoenix), Thursday, May 15 and Friday, May 16 from 10:00 a.m. to 5:00 p.m. or on event day at the race site.

Girl in Your Life:

Celebrate the Wonder Girl in yourself or someone else by donating a little extra to Girls on the Run of Maricopa County. Wonder Girls (\$10 donation) will receive a tiara and Wonder Women (\$25 donation) will receive a tiara and costume jewelry. Show your support for Girls on the Run and run the race in style!



Raffle:

All registered participants will receive one raffle ticket upon check-in. Additional tickets will be sold throughout the event: 1 for \$1 or 6 for \$5. Prizes will include: Running gear, fitness club memberships, theater tickets, various gift certificates and more. All proceeds benefit Girls on the Run of Maricopa County.

Registration available on Active.com until May 15th. Fees increase by \$5 on race day.

All proceeds benefit Girls on the Run of Maricopa County.

NAME:

ADDRESS:

CITY:

AGE:

REGISTRATION LEVEL:

- 5K run/walk (includes t-shirt) - \$25
 Wonder Girl - \$35 (includes t-shirt & tiara)

STATE:

ZIP:

PHONE:

SEX: Male Female

T-SHIRT SIZE: Youth M Youth L Adult S Adult M Adult L Adult XL

- Wonder Woman - \$50 (includes t-shirt, tiara & costume jewelry)
 Phantom Runner = \$_____ (it will not be able to participate in the Wondergirl 5K this year, but please take my donation for Girls on the Run of Maricopa County)

ALL APPLICANTS MUST READ AND SIGN:

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, spectators, and producers of the event and lack of hydration, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my fees, I hereby signed, hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf consent not to sue, and waive and release every kind of future whatsoever, known or unknown. In consideration of your acceptance of this entry, I, the undersigned, hereby, 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 of Maricopa County, Running Mothers, City of Tempe, sponsors, coordinating groups, and any individuals associated 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 grants full permission to Girls on the Run of Maricopa County to use photographs, videotapes, recordings, or other records of this event for any purpose. APPLICATIONS FOR MINORS WILL BE ACCEPTED ONLY WITH PARENTS SIGNATURE.

Signature: _____
 (Parent's signature if under the age of 18)

Date: _____