

**Thank You  
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West Virginia  
Mountain Trail Runners

Third Annual  
***Mother's Day***  
5K Run/ Walk  
Saturday,  
May 9, 2009

Presented by  
Girls on the Run of Randolph, Barbour,  
and Tucker Counties & the  
Elkins/Randolph County YMCA



# Girls on the Run Mother's Day 5K Run/ Walk

May 9, 2009 at 10:00 am

Race day registration will be from 9 am—9:50 am at George Ward Elementary.

Course begins and ends at George Ward Elementary.

Pre-registration is \$15 if postmarked by May 2, 2009 and \$18 thereafter.

Registration for GOTR Alumni is \$5

Name: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Female \_\_\_\_\_ Male \_\_\_\_\_ Age on May 9, 2009 \_\_\_\_\_

Check one: 5K RUN \_\_\_\_\_ 5K WALK \_\_\_\_\_

Check here if you are an alumnus of GOTR \_\_\_\_\_

Check here if you are a student, teacher, staff, or parent at a  
GOTR participating School \_\_\_\_\_

Name of School: \_\_\_\_\_



Free t-shirts to first 60 registrants! Please select your size:

Youth: Medium \_\_\_ Large \_\_\_ Adult: Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_

The Girls on the Run® program is now available in almost 100 locations in the US and Canada. Girls on the Run of Randolph, Barbour, and Tucker Counties is the first program in West Virginia!

Girls on the Run® is an experiential learning program for 8- to 13-year-old girls that combines lessons in self-empowerment, healthy decision making and body image with warm-ups and workouts to train for completion of a 5 km (3.1 mile) run/walk.

The girls will be running this 5k through the town of Mill Creek. They want to invite the public to participate in the run/walk event with them and cheer them to their finish!

Proceeds from the run will benefit the local Girls on the Run program and support the needs of young girls in the community. The program will be available each spring and each fall.

Date: May 9, 2009

Time: 10:00 am

Location: George Ward Elementary School  
in Mill Creek

*Please make checks payable to:*

GOTR

*Complete the attached form and mail to:*

Girls on the Run Mother's Day 5K

PO Box 22

Davis, WV 26260

More information available at:  
randolphcountygotr.org

## WAIVER OF LIABILITY

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the Elkins/Randolph County YMCA, Girls on the Run of Randolph, Barbour, and Tucker Counties and Girls on the Run International, plus sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of this event and all claims of injury or liabilities of any kind, illness or damages suffered by me, as a result of my participation in or traveling to or from this event. I know that running/ walking is a potentially hazardous activity. I should not enter and run/ walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event, including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat or humidity, snow, cold or ice), traffic and the conditions of the road, all such risks being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

\_\_\_\_\_  
Signature of participant (parent or guardian if under 18)

\_\_\_\_\_  
Date