

**Thank You
Local Sponsors!**

Randolph County
America's Promise Coalition

Davis Health System

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Elkins/Randolph County YMCA

Randolph County
Family Resource Network

West Virginia
Mountain Trail Runners

**Second Annual
Jingle Bell
5K Run/ Walk
Saturday,
December 6, 2008**

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



Girls on the Run Jingle Bell 5K Run/ Walk

December 6, 2008 at 10 am

Race day registration will be from 9 am—9:50 am at Elkins/Randolph County YMCA.

Course begins and ends on Davis Avenue beside YMCA.

Pre-registration is \$15 if postmarked by November 30, 2008 and \$18 thereafter.

Registration for GOTR Alumni is \$5

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Female _____ Male _____ Age on Dec. 6, 2008 _____

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 streets of Elkins. 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: December 6, 2008

Time: 10:00 am

Location: Elkins/Randolph County YMCA
(400 Davis Avenue)

Please make checks payable to:

GOTR

Complete the attached form and mail to:

Girls on the Run Jingle Bell 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