About Girls on the Run of Northwest Washington

Girls on the Run of Northwest Washington 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 Northwest Washington is a Whatcom Family YMCA program funded by participant fees, donations and corporate sponsors.

If you are interested in volunteering with Girls on the Run of Northwest Washington, would like to be a sponsor or are interested in getting the program at your daughter's school, please contact Jen at 360-733-8630 or email at: jgallant@whatcomymca.org.

Program Sponsors:

the YMCA

HORIZON FITNESS

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New Balance

Girls On The Run 5k

Sunday, June 3, 2012

Bellingham, WA

9:00am

new balance Girls on the run 5k

New Balance

Girls On The Run 5k

Sunday, June 3, 2012

Barkley Village Gazebo
Bellingham, WA

Ages:

Everybody Welcome!

Schedule:

8:00am	Packet pick-up/Registration
9:00am	5k run/walk Start
9:00-11:00am	Celebration at Barkley Village Gazebo

Race Fee:

5k Run/Walk: $15.00

Course Info:

The course begins and ends at the Barkley Village Gazebo. Participants will run along the beautiful, flat Railroad Trail.

Registration:

For online registration go to www.active.com or download a registration form at www.whatcomymca.org, click on programs link.

Day of race registration is available.

Mail-In:

New Balance GOTR 5k
Whatcom Family YMCA
1256 N. State Street
Bellingham, WA 98225

Want to volunteer or need more information?

Call Jen, 360-733-8630 or
email jgallant@whatcomymca.org

CELEBRATE SUCCESS

All proceeds benefit:

Girls on the Run
Whatcom Family YMCA

new balance Girls on the run 5k

Name:_____ Age:_____ Gender: Female_____ Male_____

Address:_____

City:_____ State:_____ Zip:_____ Phone:_____

Registration Fee: 5k Run/Walk ($15):_____ Supporting Donation:_____ (toward scholarships and subsidies) Total Enclosed:_____

All applicants must read and sign this waiver:

In consideration of the acceptance of my application and the permission to participate as an entrant, volunteer or competitor in the New Balance Girls on the Run Spring 5k event, I, myself, my heirs, executors, administrators, successors and assigns, HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the Whatcom Family YMCA, City of Bellingham, all sponsors, contributors, contractors, employees, the Bureau of Reclamation, sanctioning bodies OF and FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event and notwithstanding that the same may have contributed to, or occasioned by, the negligence of any of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnity. I warrant that I am physically fit to participate in this event.

Participant Signature:_____ Date:_____

Parent/Guardian Signature:_____ Date:_____

(Parent/guardian signature required if participant is under 18 years old)