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Location

Kansas Sports Hall of Fame
Wichita Boathouse
515 S. Wichita
Wichita, KS 67202

.....
Sponsors



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AND COMPANY



Palmer Physical Therapy for Women
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Great Harvest Bread Co. • Security 1st Title
Panera Bread • Women's Focus Magazine

Girls on the Run of Sedgwick County
8518 W. Brookview
Wichita, Kansas 67205



**GIRLS ON
THE RUN**
of sedgwick county



05.07.11
wichita, kansas

mothers, daughters, sisters & friends
..... *this race is for you!*
girlsontherunks.org

GIRLS ONLY! Walk, run or push a stroller in the Inaugural Girls on the Run Mothers Day 5k.

You will love our perks: chip timing, women's cut t-shirts, finisher's keepsake, kids' activities, and refreshments for the whole family.

Enjoy views of the river on our certified 3.1 mile course, which is flat, fast, and stroller - friendly.

RACE DAY:

7:30-8:10 am

Registration and Entertainment

(T-shirt not guaranteed at race day registration)

8:30 am

5k Run/Walk Starts, followed by refreshments and awards.

REGISTRATION:

Register online at www.active.com or mail your form and your non-refundable check by April 29th. If you register by mail or online you may pick up your packet Friday, 5/6/11 from 8am-6pm or Saturday, 5/7/11 from, 7:30am-8:10am at the Wichita Boathouse, Home of the Kansas Sports Hall of Fame (515 S. Wichita, Wichita, KS 67202).

Starting 4/18/11 register at:

Go Run: 2556 N. Maize Rd. Suite 108

New Balance: (east) 1720 N. Webb Road #110
(west) 10231 W. 21st St. North

First 800 participants receive women's cut t-shirt.

Cost:

\$25 Adults 17 & older, *after April 29 (\$30)*

\$15 Students 5 -16, *after April 29 (\$20)*

Free for children 4 and under (No t-shirt)

Race Day registration \$40 for all participants

Prizes:

Special awards for the top 3 overall 5k finishers, plus the following age groups (no duplicates):
9 & under, 10-14, 15-19, 20-24, and 5 year age groups beyond

Prizes will also be given for the top combined times (age graded) in each of these team categories:

- Mother - Daughter
- Grandmother - Granddaughter
- Sister - Sister
- Aunt - Niece



Girls on the Run® was founded by Molly Barker in 1996. This nationally recognized, non-profit prevention program encourages preteen girls to develop self-respect and healthy lifestyles through running. The curricula addresses all aspects of girls' development: physical, emotional, mental, social and spiritual well-being. It is an experiential learning program that combines training for a 3.1 mile running event with a curriculum that teaches specific and well-defined social and personal skills. Local programs are staffed by trained volunteers who serve as role models to the girls through coaching the 12 week, 21 lesson curricula, culminating in a 5k run/walk experience. Girls on the Run of Sedgwick County will hold their first season Fall 2011 at three local schools.

FOR MORE INFO OR TO LEARN ABOUT BECOMING A VOLUNTEER:

Please go to girlsontheruns.org or contact Christy Thomas at 316-461-4516 or cthomasrun@live.com

Mail completed registration form and your non-refundable check payable to:

Girls On The Run of Sedgwick County
Attn: Christy Thomas
8518 W. Brookview
Wichita, Kansas 67205

NAME _____ AGE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

EMPLOYER/SCHOOL _____

T-Shirt Preference:

Adult: XS S M L XL XXL

Youth: S M L

(T-Shirt not guaranteed with late registration)

Adult (17+) \$25 (After 4/29 \$30) (Race Day \$40)

Student (5-16) \$15 (After 4 /29 \$20) (Race Day \$40)

Sponsor a girl: Receive a Complimentary registration when you sponsor a young girl to participate in the 12-week Girls on the Run ® program. \$150

Other donation to Girls on the Run of Sedgwick County

Total Enclosed: \$ _____

I release Girls on the Run of Sedgwick County, its staff and volunteers from all claims of injury which may be sustained by above individual while participating in any GOTR sponsored activity, whether caused by the negligence of the GOTR or otherwise. If medical attention is required, I give my permission for such medical care. By signing below, I give GOTR permission to use photographs or videos of the above named participant in its promotional/educational materials. (If entrant is under 18, parent or guardian also must sign.)

SIGNATURE _____ DATE _____

PARENT / GUARDIAN SIGNATURE (If under 18) _____

Team Categories

check as many as apply and name your teammate; team members should complete individual applications and mail them in the same envelope or register in person (no online applications)

Mother - Daughter

Sister - Sister

Grandmother - Granddaughter

Aunt - Niece