Sparkle & Shine 5k

benefiting Girls on the run

Sparkle and Shine 5K Run

Saturday 11, Dec 2011
8:30 AM

Embarcadero Marina Park South

Girls on the Run

is a life-changing after school program for preteen girls.

Young girls are empowered with a greater self-awareness, a sense of achievement, and a foundation in team building to help them become strong, contented and self-confident women.

Educating and preparing girls for a lifetime of self-respect and healthy living.

Make checks payable to Girls on the Run of San Diego and mail to:
GOTRSD PO Box 722693, San Diego, CA 92172
PLEASE PRINT CLEARLY!!!

5K Registration:

Category: ☐ **General Registration** — $30 / $35 race day ☐ **Youth (17 and under) Registration** — $20 / $25 race day
☐ **Running Buddy** — $20—background check required if not parent or family friend
☐ **Parent/Youth Team—**$40/$50 race day (must fill out 2 forms and submit together)

First Name _____ Last Name _____ Age _____ Gender: F M

Address _____ City _____ State/ Zip _____

( ) Phone

T-Shirt Size (circle one): Child: M L
Adult: S M L XL

Emergency Contact Name

( ) Emergency Contact Phone Number

Waiver:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road.

I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, Girls on the Run International and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise.

I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature _____ Date _____

Signature of parent or guardian if participant is under 18 years of age. Date _____