

Girls on the Run of York County is a non-profit organization whose mission is to educate and prepare girls for a lifetime of self-respect and healthy living.

The program combines a fun and innovative life skills curriculum with running and addresses all aspects of girls' development: physical, emotional, mental, and social. The GOTR after-school program is held twice a week for 12 weeks. The 5K is the culminating event for GOTR spring participants.

*****All Proceeds donated to Girls on the Run of York County

Thanks to our National Sponsors



Thanks to our Local Sponsors:

YORK COMMUNITY FOUNDATION

BLUM FOUNDATION

UNITED WAY

YORK COMMUNITY HEALTH COALITION

YORK CONTINUING EDUCATION



Girls on the Run

Deb Schnell - York Middle School
1730 North Delaware Ave
York, NE 68467
Phone: (402) 362-6700
E-mail: dschnell@yorkpublic.org
For Additional Forms:
www.yorkgirlsontherun.org

MAIL WITH PAYMENT TO:
Wondergirl 5k
ATTN: Race Director
2 Edison Avenue
York, NE 68467

GIRLS ON THE RUN WONDERGIRL 5K

**Girls on the Run
of York County**



5k Run or Walk



Date: MAY 31, 2008
Time: 9:00AM
York High School Track

Girls on the Run Wondergirl 5K Run/Walk



OUR MISSION: *To Educate and Prepare Girls for a lifetime of self respect and healthy living.*

The Course:

5K – the race is a fast and flat course that will start and finish on the York High School track.

Awards:

All race participants signed up prior to April 18th will be guaranteed a short sleeved t-shirt. After April 18th, if available.

Girls on the Run participants of the Spring 2008 program will receive a finishers medal.

A Raffle of New Balance gear will be held at the conclusion of the race. You must be present to win.

Start Time:

Saturday, May 31, 2008

Start Time – 9:00 AM

To Enter:

Entry fees if received or post-marked by **April 18, 2008:**

\$25.00 per person

\$15.00 GOTR Family Member

**limit 2

***NEW Sleep In Registration-**You can now be part of the race without running or walking. Pay the "Sleep-In" Registration and still get your race packet without showing up for the event. Great for out of town relatives!

*****After April 18th, \$30.00 but no guarantee of a t-shirt.**

We are offering a 2 Family member discount to those entering the race who have a family member currently enrolled in the York GOTR program. The Discounted price is \$15.00 per person. LIMIT 2

We encourage you to register early in order to receive a t-shirt. T-shirts are guaranteed to all participants if registered by April 18, 2008. After April 18, registration is \$30 but T-shirts will only be available while supplies last.

Packet Pick-up:

Friday, May 30, 2008
from 8:30 AM to 4 PM
York Middle School
Continuing Education Office
1730 North Delaware
York, NE 68467

8:00—8:45 AM – DAY OF THE RACE
@ YORK HIGH SCHOOL TRACK

Name: _____

Street: _____

City: _____ State: _____

Zip: _____ Phone: _____

Date of Birth: _____ Age: _____
___ male ___ female

GOTR Family Member ___ Yes ___ NO
**Limit 2 for the \$15.00 (per person) entry fee

RACE ENTERED

___ 5k Run
___ 5k Walk
___ Sleep In

T-SHIRT SIZE

___ Youth Med
___ Youth Large
___ Adult Small
___ Adult Medium
___ Adult Large
___ Adult XL

WAIVER: I understand that this is a strenuous and potentially hazardous event. I am aware that running or walking outside on streets and in races has inherent risks and that the course will include other participants, bikes, cars, emergency vehicles and other hazards. I, for myself, my executors, administrators and assignees do hereby release and discharge GOTR of York County, York Public Schools, the organizers of the race, it's officials, sponsors, and volunteers, the City of York from any damages, injuries, or expenses associated with my participation in this potentially hazardous running/walking event. I grant permission to the GOTR of York County to use any photos or videos for any legitimate marketing or promotional purposes for the race or for the club.

Signature

If under 18, parent or guardian signature

Date

*Girls on the Run
of York County*

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ATTN: Race Director
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York, NE 68467

Make Checks payable to:
Girls on the Run of York County