



Girls on the Run 5k

Saturday, November 16, 2019

Community Run benefiting the GOTR St. Louis Scholarship Fund

Where: DOWNTOWN, ST. LOUIS, MO

Time: 1 Mile Fun Run - 8:15 a.m. 5K Run - 8:30 a.m.

OUR MISSION

To empower girls for a lifetime of healthy living.

ENTRY FEES: 5k and/or Fun Run	REGULAR REGISTRATION (postmarked by 11/8/19)	LATE REGISTRATION (11/9/19 - 11/15/19)	RACE DAY REGISTRATION
ADULT	\$25	\$30	\$35
CHILD (12 and under)	\$15	\$20	\$25

Girls on the Run participants are already registered, no refunds will be given.

PACKET PICK UP

Thursday (11/14/19) 10:00 am - 7:00 pm Big River Running Company (CHOOSE YOUR LOCATION ON THE ENTRY FORM BELOW)

Friday (11/15/19) 10:00 am - 7:00 pm West County: 13969 Manchester; South City: 5352 Devonshire; UCity: 606 North and South
FOR FULL LOCATION INFORMATION AND DIRECTIONS TO BIG RIVER PLEASE VISIT: WWW.BIGRIVERRUNNING.COM

Race Day (11/16/19) 7 a.m. - 8:30 a.m. Soldiers' Memorial on Chestnut St. between 13th and 14th, Downtown St. Louis

AWARDS/T-SHIRTS/TIMING

Medals for all finishers. Awards for top three finishers (male and female) in each age division: 7/under, 8, 9, 10, 11, 12, 13/14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over. All 5k and Fun Run registrants will receive a commemorative short sleeve T-shirt while supplies last.

Premium technical t-shirts and other Girls on the Run merchandise will be available for purchase while supplies last at packet pick-up and at the merchandise tent on race day.

5k race timed by Big River Race Management using Chronotrack Timing System™

Register online through 11/16/19
www.girlsontherunstlouis.org

or mail your registration by 11/8/19 to : GOTR 5K
Race, 3155 Sutton Blvd. Ste 101 St. Louis, MO 63143

Make checks payable to: Girls on the Run St. Louis

For 5k course map, parking instructions and more details visit:

www.girlsontherunstlouis.org

GIRLS ON THE RUN 5K - DOWNTOWN ST. LOUIS

PLEASE PRINT CLEARLY

NAME		
GENDER	AGE on race day	PHONE
ADDRESS		
CITY	STATE	ZIP
EMAIL		
GOTR SCHOOL AFFILIATION/TEAM NAME (if any)		
CHOOSE YOUR EVENT: <input type="checkbox"/> 5k <input type="checkbox"/> Fun Run		
T-SHIRT SIZE	CHILD <input type="checkbox"/> M <input type="checkbox"/> L	ADULT <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> XXXL
PACKET PICK-UP LOCATION <input type="checkbox"/> BIG RIVER - WEST COUNTY <input type="checkbox"/> BIG RIVER - SOUTH CITY <input type="checkbox"/> BIG RIVER - U CITY <input type="checkbox"/> RACE DAY		

Packets not picked up early will be available downtown on race morning.

Waiver: I, for myself or as parent or guardian, hereby assume all the risks and hazards incidental to the conduct of the activities. I understand that no insurance coverage is provided by the race coordinators and sponsors. I further give permission for proper emergency care to be rendered to myself or child should I not be available or able to give such permission. I know that running a road race is a potentially hazardous activity. I should not enter and run 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 run. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf or on behalf of my estate, waive and release Girls on the Run St. Louis, board members, City of St. Louis and all sponsors of the race, any other persons assisting with the race, from all claims and liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver.

Signature Parent signature if participant is < 18 yrs old

I would like to help sponsor a girl by donating \$ _____ towards the scholarship fund.
(This contribution is tax deductible.)

RACE FEE \$ _____
DONATION \$ _____

TOTAL AMOUNT DUE \$ _____