

## Our National Sponsors



## Our Presenting Sponsor

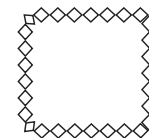


## About Girls on the Run

Girls on the Run combines training for a 5K (3.1 miles) running event with healthy living education. Our programs instill self-esteem and strong values through health education, life skills development, mentoring relationships, and physical training - all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff and the community. GOTR Gaston is a program of the Gaston County Health Department.



Girls on the Run of Gaston County  
Gaston County Health Department  
991 West Hudson Blvd.  
Gastonia, NC 28052



Presented by:  
 CaroMont Health



**Saturday, Dec. 3rd, 2011**  
*in Historic Downtown Belmont*

## Event Information

Girls on the Run of Gaston County invites you to join us in a day of fun for the entire family.

**DATE:** Saturday, December 3rd, 2011

**TIME:** Pre-race festivities begin at 8am in Stowe Park. Race begins at 9am.



**COURSE:** Race begins on Main Street near City Hall. Race participants will enjoy charming homes and unique storefronts as they run through downtown Belmont. The course will end at picturesque Stowe Park.



### **ENTERTAINMENT:**

In addition to the race, family members can enjoy music, the Goody Happy Hair station,

organized stretching, awards, and more at Stowe Park.

### **REFRESHMENTS:**

Healthy snacks and beverages will be available to all race participants. Additional food and beverage items can be purchased downtown.



**FOR ADDITIONAL INFORMATION:** Please call 704-862-5341 or visit [www.gotrgaston.org](http://www.gotrgaston.org)

## How to Register

Participants can register in one of three ways:

- 1) Mail completed Entry Form and payment to:  
Girls on the Run of Gaston County  
991 W. Hudson Blvd., Gastonia, NC 28052
- 2) Register online at:  
[gotrgaston.org/newbalancegotr5k.html](http://gotrgaston.org/newbalancegotr5k.html)
- 3) Register on race day. The Registration Booth will be located at the pavilion at Stowe Park.

## Packet Pick-up

**PRE-RACE:** Packets will be available Friday, December 2nd from 12pm to 7pm at Belmont Parks and Recreation (37 E Woodrow Ave, Belmont, NC).

**RACE DAY:** Packets will be available starting at 8am at the pavilion at Stowe Park.



## Official 2011 New Balance Girls on the Run 5K Entry Form

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

T-Shirt Size (circle one): YM YL S M L XL XXL

**PLEASE READ AND SIGN:** In consideration of my entry, I, intending to bind myself and anyone entitled to act in my behalf, do hereby release and discharge Girls on the Run International, the City of Belmont, Belmont Parks and Recreation, City of Belmont Police Dept., Volunteers and any and all Sponsors, Contributors, and Organizer from any and all liability arising from any illness, injury, or damages I may suffer as a result of my participation in the Girls on the Run 5K events. I provide and certify my compliance by my signature below. If participant is under 18 years old, I certify by my signature that the child has permission to participate; is in good physical condition; and that officials may authorize emergency medical treatment in the event of injury or illness. I understand that there is no refund due to me for any reason. This release and waiver extends to all claims of every kind whatsoever foreseen or unforeseen, known or unknown.

\_\_\_\_\_  
Signature (parent or guardian if under 18)

\_\_\_\_\_  
Date

### REGISTRATION FEES

	Pre-Race	Race Day
Child*:	[ ] \$12	[ ] \$20
Individual:	[ ] \$15	[ ] \$25
Family**:	[ ] \$50	[ ] \$70

\*ages 13 and under  
\*\*4 individuals, must include an entry form for each individual

Amount Included: \$ \_\_\_\_\_  
(make checks to: Community Foundation of Gaston County)