

Where girls *achieve* their personal best

8TH ANNUAL

**girls
inc.**

GIRLS INCORPORATED

of NEW HAMPSHIRE

5K ROAD RACE

April 18, 2009 at 9:00 am

Rochester Community Center, Rochester, NH

Fast & Flat Certified Course, Food, and Prizes!

Register Today T-shirts to the first 100 registered runners!

REGISTER ONLINE AT www.girlsincnewhampshire.org

No extra fee to register online. Register online early and learn of new opportunities to waive your race registration fee and win other rewards like an IPOD!

\$15 youth registration (12 and under)
\$20 pre-register by April 15th
\$25 day of registration

Girls Inc. is a member-based, non-profit organization for girls ages 6 to 18. Our mission and passion is to help girls achieve their personal best through one-on-one attention, leadership development, a talented staff and volunteers, a wide range of enrichment programs, and a caring family environment. The impact Girls Incorporated of New Hampshire programs can have on a young life— socially, educationally, and personally – is stunning. She will gain self-confidence and the understanding of her unique, valuable place in her community

Pre-Registration Form

Please fill out and mail check to: Girls Inc. of New Hampshire, Road Race, 815 Elm Street, Manchester NH 03101

Name _____

Address _____

City _____ State _____ Zip _____

Tel. (Home) _____ (Work) _____ E-Mail Addr: _____

T-Shirt Size (if applicable) _____ Gender (circle one) **M** **F** Age on day of race _____

_____ I cannot participate, but please accept my enclosed donation to support the race.

Waiver/Release

Please submit my entry into the Girls Inc. of New Hampshire 5K Road Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me if I participate in this event. I, hereby, for myself, my heirs, executors and administrators, release any and all sponsors of the Girls Inc. of New Hampshire 5K Road Race from all claims, damages, rights of action coinciding with my participation in this road race. I hereby certify that I am physically fit and able to compete in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph, or other coverage of this event.

Participant's signature _____ Date _____

If under 18, parent's/guardian's signature _____ Date _____