



The only requirement of having a dream is believing in it.

- Molly Barker

Join us at the most inspirational and unique 5k in Dayton!

Island Metro Park, November 13, 2010 at 10:00 am

The New Balance Girls on the Run of Dayton 5k is the "WOO HOO!!!" moment for the girls of Girls on the Run of Dayton. It is the culmination of 10 weeks of training and this fall, over 20 girls 8-14 years old will celebrate their "girl power" by running 3.1 miles with their parents, teachers, friends and community members.

Girls on the Run of Dayton is a non-profit 501(c)(3) organization whose mission is to educate and inspire girls for a lifetime of self-respect and healthy living. More than just a running program, GOTRD combines training for a 5k event with interactive lessons that encourage positive physical, emotional, social and mental development. Through this innovative and fun program, girls are empowered with the confidence and character they need to become strong healthy women.

Race Day Celebration!

The race is at 10:00, registration begins at 9:00. Join us after the race for the celebration! There will be great food, interactive sponsor booths to visit, and music. We'll have games and giveaways, face painting, tiara decorating, sign stations and more!

All Girls on the Run Program Participants Are Automatically Registered

\$20 per entry before October 30, \$25 race day registration
T-shirts to all registered by October 22

Online Registration www.speedy-feet.com

Check or money orders payable to Girls on the Run of Dayton.
If mailing, mail entry and payment to: PO Box 249, Casstown, OH 45312

Race results available at www.speedy-feet.com

Awards: Top male & female in each age group

Age as of 11/13/10 _____ Name _____ DOB _____
Male _____ Female _____ Address _____ City _____
State _____ Zip Code _____ Phone _____

Shirt Size (YM) (YL) (S) (M) (L) (XL)

In consideration of the acceptance of this entry, I waive for myself, my heirs, and all claims for damages against the sponsors and their representatives and all race officials, for any injuries received during this event. I attest and verify that I am physically fit and have sufficiently trained for this event. Due to insurance restrictions, rollerblades, baby joggers/strollers, bikes, dogs, and unregistered runners will not be allowed on the race course.

Signature _____ Date _____

(Parent or Guardian signature if under 18)
Contact Person: Angela Lewis 937.430.4141 (Council Director)

