

Sunday, May 5, 2019 @ 9:30am
Comanche County Park, 2600 Rigsby, San Antonio, TX 78222



Awards

Overall M&F Winners + M&F Masters
 10 Year Age Groups for first 3 M&F

Overall winner awards will be based on gun time
 No duplication of awards.

Register online

www.iaapweb.com

Packet pick-up

Saturday, May 4
 YMCA @ Tri Point From 12noon-5pm.
 3233 N St Mary's St, San Antonio, TX 78212

Bib Number:

(for packet pick-up
 and race day)

About the race

Join Girls on the Run as we complete our Spring 2019 season! Our mission is to inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running.

Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible.

This event is open to the public—all are welcome to join! Proceeds from the event go toward scholarships. No girl is turned away from our program based on economic need. Help us enable all girls to run.

First Name _____ Last Name _____ Gender M F
 Date of Birth ____/____/____ Age on Race Day _____ Address _____ Zip _____
 Phone _____ email _____ Shirt Size: YM, YL, S, M, L, XL, 2XX

5K Run/Walk - \$25, \$30 starting April 16, \$35 on race day \$ _____ (no refunds!)

Are you running as a running buddy with a Girls on the Run or Heart & Sole participant? _____ If yes, what is the name of the girl? _____ also if yes, at what school/site does the girl attend Girls on the Run or Heart & Sole? _____

Emergency name and phone number? _____

In consideration of the acceptance of this registration entry, I assume full and complete responsibility for any injury or accident which may occur during my participation in this race or while on the premises of this event; and I hereby release and hold harmless the sponsors, promoters, and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with this event or their agents or employees or otherwise. I grant full permission to any and all of the foregoing to use my (and my child's) name, or photographs, videos, and other recordings of participation in this event, without obligation or liability to me (and my child). I also understand that entry fees are not refundable. I have read this agreement carefully, and understand it, and certify my agreement by my signature below.

Signature _____ Date _____
 If under 18, must be signed by parent or guardian. No entry accepted without signature.

MAKE CHECKS PAYABLE TO
 Girls on the Run Bexar County

Mail entries
 Girls on the Run Bexar County
 231 E. Rhapsody
 San Antonio, TX 78216

Must be postmarked by April 28, 2019

Register by April 20, 2019 to be guaranteed a T-shirt. After 4/20/19, T-shirts will be first come first serve.

**For more information, check our website at www.gotrsanantonio.org
 or contact us at gotr@gotrsanantonio.org**