SOLSTICE RUN DECEMBER 10, 2011 INFORMATION

SCHEDULE

Saturday, December 10, 2011.
8:45am Kids' Dashes start
9:00am 1 Mile Fun Run/Walk starts
9:30am 5k Run/Walk starts

PRE-REGISTRATION *Postmarked by Nov 30.*

BY MAIL: Island Fitness, 190 Madison Ave, Bainbridge Isl. WA 98110
Make checks payable to **Go Run!**

ONLINE: www.island-fitness.com or www.gorunhavefun.org

PRE-REGISTRATION FEES:

$15 1-mile & 5k Early Bird discount (thru Oct 31)
$15 1-mile & 5k Student (18 & under)
$20 1-mile & 5k Adult
$5 Kids' Dashes (free with other paid family member)

DISCOUNTS:

$5 off If you register for both 5K and 1-mile
$5 off for subsequent family members *if* they register together *and* in advance

Please note that all fees are non-refundable.

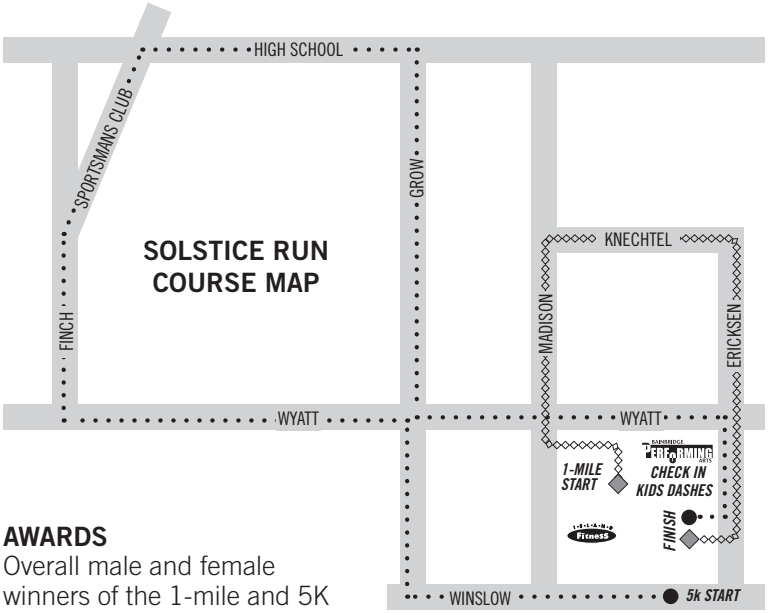
Pre-registered race packets will be available at race check-in at Bainbridge Performing Arts (BPA) beginning 8:00am.

DAY OF RACE

Check in at BPA beginning at 8:00am.

DAY OF RACE FEES:

$20 Student; $25 Adult; $5 Kids' Dashes (stand-alone)



AWARDS

Overall male and female winners of the 1-mile and 5K will receive awards, as will age group winners. Other awards will be given for team, family, and special *Go Run!* categories.

QUESTIONS?

Contact Lisa Timmins at Island Fitness (206)842-5720 or lisat@island-fitness.com. Additional entry forms, maps and information may also be downloaded from www.island-fitness.com or www.gorunhavefun.org.

ALL PROCEEDS BENEFIT

go run!
Every girl is an athlete.

SOLSTICE RUN DECEMBER 10, 2011 ENTRY FORM

ONE ENTRANT PER FORM, PLEASE. PLEASE PRINT.
MUST BE POSTMARKED BY NOVEMBER 30 TO RECEIVE THE PRE-REGISTRATION DISCOUNT. NO REFUNDS.

DOB DD/MM/YYYY	/ /		
GENDER	☐ MALE	☐ FEMALE	
EVENT(S)	☐ 1 MILE	☐ 5K	☐ KIDS DASHES

FIRST NAME		**LAST NAME**	
STREET ADDRESS			
CITY		**STATE**	**ZIP**
EMAIL			
PHONE		**TEAM / FAMILY**	

WAIVER RELEASE: By signing below, I hereby certify the following: (1) I am medically able and properly trained to participate in the Solstice Run/1-mile Fun Walk/Run and/or Kids' Dashes; (2) I further agree in the event of an injury or accident that event officials may authorize necessary treatment for me (3) I further grant Go Run! and Island Fitness specific permission to reproduce, publish, circulate, copyright, or otherwise use any and all photographs and/or videotape of me and/or my family, taken at the event; and (4) Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry into this event, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive, release and discharge all subsidiaries, affiliates, assigns, representatives and successors of the foregoing: Go Run!, Island Health and Fitness, and all event sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with the Solstice Run/1-mile Fun Walk/Run & Kids' Dashes from any and all claims of liability of any kind whatsoever.

SIGNATURE..... DATE.....

FEES
Students $15/DOR $20
Adults $20/DOR $25
Kids' Dashes $5/DOR $5
(free w/ paid family member)

$5 off if registering for both 1-mile and 5k

RACE FEE POSTMARKED BY 11/30	$
RACE FEE POSTMARKED AFTER 11/30	$
TAX-DEDUCTIBLE CONTRIBUTION TO *GO RUN!*	$

Make checks payable to ***Go Run!*** **TOTAL**

Mail or drop off your completed form and check to:
***Go Run!* @ Island Fitness, 190 Madison Ave, Bainbridge Island WA 98110**