



Please mail this completed form and check or money order to:

Rise & Shine 5K
c/o Leigh Lewis
80 Woodland Hills Road
Asheville, NC 28804

For more information on our race, please see our website:

www.gotrwno.org/rise-shine5K

Or email us at: rise.shine5K@gmail.com

**SATURDAY, MAY 26TH AT 9AM
CARRIER PARK, ASHEVILLE, NC
BENEFITS GIRLS ON THE RUN OF WNC**

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE #: _____ **EMAIL:** _____

EMERGENCY CONTACT: _____ **CONTACT PHONE:** _____

DOB: _____

AGE GROUP ON RACE DAY:

- | | | | |
|---------------------------------------|--------------------------------|--------------------------------|------------------------------|
| <input type="checkbox"/> 13 and under | <input type="checkbox"/> 30-34 | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 70+ |
| <input type="checkbox"/> 14-19 | <input type="checkbox"/> 35-39 | <input type="checkbox"/> 55-59 | |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 60-64 | |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 45-49 | <input type="checkbox"/> 65-69 | |

Will compete as a team in this event: YES / NO If yes, then:

Rise Team Name (1 parent/1 child): _____

Shine Team Name (2 parent/2 child): _____

Waiver:

In consideration for the acceptance of my registration as a participant in the above entitled event, and with my understanding that my participation in this event is only on condition that I enter into this agreement, for myself, my heirs and assignees, I hereby assume the inherent and extraordinary risks involved in the Rise & Shine 5K and any risks inherent in any other activities connected with this event in which I do voluntarily participate. I hereby release from liability, Mountain Sports Festival and Girls on the Run of WNC and each of their officers, director and agents, representatives, employees, volunteers, and members (hereinafter referred to as releasees). I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may sustained by me, or any loss or damage of property owned by me, as a result of being engage in this event, whether caused by the negligence of releasees or otherwise. I hereby waive any claim I may have hereafter as a result of my participation in the Rise & Shine 5K and in any other activities connected with this event in which I may voluntarily participate. I hereby agree to indemnify and hold harmless the releasees from any loss, liability, damage or costs, including court costs and attorney fees me and my property which may occur as a result of my participation in the Rise & Shine 5K.

I have read and understand the above statement. Please sign name and date here.

(If you are **under 18** years of age, please have your parent or guardian sign/date)

Signature: _____ **Date:** _____

Registration Fee (first 300 get T-shirt):

- Early registration (2/15-4/15): \$25
- Registration (4/16-5/24): \$30
- Race Day registration (5/25-5/26): \$35
- GIRLS ON THE RUN program participant (past or present): \$15

If GOTR participant, when did you participate (i.e. Fall '11, Spring '12): _____

GOTR program school/site: _____

*THANK YOU FOR SUPPORTING GIRLS ON THE RUN OF WNC
AND OUR MISSION TO "INSPIRE GIRLS TO BE JOYFUL, HEALTHY AND CONFIDENT USING
A FUN, EXPERIENCE-BASED CURRICULUM WHICH CREATIVELY INTEGRATES RUNNING."*