



Saturday, September 17th, 2011 Start time - 10:00AM
 Springwater Provincial Park, just minutes north of Barrie, ON
 Celebrating 10 years of Girls on the Run Simcoe County

You Can Do This! Every runner registered receives a free membership in the Girls Rock 5K Training Club!

IMPORTANT - Please complete this registration form for EACH runner registering for this event



Cut here and submit with payment (see below)-----

REGISTRATION

To register for the Girls Rock 5K, please complete the following form and choose a payment option below.

You can also register on-line by visiting www.therunningexperience.ca

I am registering for (please check one of the following):

Adult 5KM Run - Fee: \$25.00

Youth 5KM Run - Fee: \$15.00

This event is open to women and girls only. All ages and ability levels welcomed!
 Run on wide, groomed, picturesque trails through the forest of Springwater Provincial Park.

Please print clearly (ALL INFORMATION BELOW IS REQUIRED TO COMPLETE REGISTRATION.)

PARTICIPANT 1 (Adult) - NAME: _____

D.O.B.: _____ Age (as of Sept. 17, 2011): _____

PH #: _____ ADDRESS: _____

TOWN / CITY: _____ POSTAL CODE: _____ Email: _____

PARTICIPANT 2 (Youth under 18) - NAME: _____

D.O.B.: _____ Age (as of Sept. 17, 2011): _____

Place checkmark here if Participant 2 information is same as Participant 1 above

PH #: _____ ADDRESS: _____

TOWN / CITY: _____ POSTAL CODE: _____ Email: _____

PAYMENT METHODS - please choose one of the following:

1) Mail cheque (and registration form) to: **The Running Experience, 22 Paris St., Unit 2, Alliston, ON L9R 1T6**
 Make cheque payable to 'The Running Experience.' Do NOT mail cash.

OR

2) Drop off registration form and payment (cheque or EXACT cash ONLY) to:
New Balance Barrie store, 411 Bayfield St., Barrie, ON (PH: 705-728-9780) - Future Shop plaza
 Exact CASH or cheque payable to 'The Running Experience' - New Balance Barrie is unable to provide change for cash payments. Please place registration form and payment into envelope labeled to 'The Running Experience'

Registration for this event will be capped at 500 participants

2011 Girls Rock 5K - Presented by:

Celebrating 10 years of:

Event organization:



