

# 2016 Women's Distance Festival 5K Run

Community Supporting *Girls on the Run® of the Rockies™*



**Saturday - May 21, 2016**

**10 am start time**

**North Monument Valley Park**

**W Fontanero St & Culebra Ave, Colorado Springs**

Entry Fee: Online: \$15 + \$2.50 online fee  
 Running Stores/Mail-In: \$25; Race Day: \$30  
 9:00 am race day registration and bib pick up

Girls on the Run is a non-profit organization that uses the power of running to change the way girls ages 8-13 see themselves and their opportunities. Girls learn to stretch themselves physically, mentally, emotionally and socially through a unique 10 week program that combines self-esteem, character-building lessons with training for a 5K.

All proceeds from this event will be donated to *Girls on the Run® of the Rockies™*. Join the Pikes Peak Road Runners and be part of the recognition of this organization. All monies will stay in our community and be designated for overall program support. Commemorative Finish Medals will be given to the first 600 kids finishers, Girls on the Run age-ish, and younger.

**DIRECTIONS:** I-25 to Uintah St. Exit 143. Turn east and go 3 blocks to Cascade Avenue. Turn left (north), go 7 blocks to Fontanero and turn left (west). Go to the end of the road and you will be at the park. Find a place to park. Registration is in the park down the hill to the south of the baseball field.

**AWARDS:** First place overall male and female. First place male/female in the following age groups: 1-9, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. No duplicates. The race is chip timed. All scoring is based on chip time.

**BOLDER BOULDER QUALIFIER:** The Women's Distance Festival 5K is a Bolder Boulder qualifying race. The mostly flat course will allow you to zip around the course and post a time that seeds you into your desired Bolder Boulder wave.

<p><b><u>Need More Information:</u></b></p> <p>Dave Sorenson  <a href="mailto:DavidSorenson@msn.com">DavidSorenson@msn.com</a></p> <p>Tonia Smith  <a href="mailto:tonia.smith897@gmail.com">tonia.smith897@gmail.com</a></p>	<p><b><u>Walk-in Registration</u></b></p> <p>Until stores close on Thursday, May 19<sup>th</sup>                  Entry Fee: \$25</p> <p>All 3 local running stores</p> <ul style="list-style-type: none"> <li>• Boulder Running Co.</li> <li>• Colorado Running Co.</li> <li>• Runners Roost</li> </ul>	<p><b><u>Mail-In Registration</u></b></p> <p>Must be received by Friday, May 20<sup>th</sup>                  Entry Fee: \$25</p> <p>Mail to:                  PPRR c/o Dave Sorenson                  1009 Beacon Hill Way                  Colorado Springs, CO 80905                  Checks payable to PPRR</p>	<p><b><u>Register On-Line</u></b></p> <p>Entry Fee: \$15 + \$2.50 online fee</p> <p>Online Registration closes race morning at 5 am MDT</p> <p><b><u>Race Day Registration at Site</u></b>                  Entry Fee: \$30</p>
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**NO ANIMALS, NO BABY JOGGERS/STROLLERS, NO EARBUDS/HEADPHONES, NO BIKES/TRIKES**

In consideration of acceptance of entry in the 2016 Women's Distance Festival, I, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge Pikes Peak Road Runners, Colorado Springs Parks, Recreation and Cultural Services, *Girls on the Run® of the Rockies™* and any other support of the 2016 Women's Distance Festival, from any and all liability arising from illness, injuries and damages I may suffer, including those which may be attributed to weather conditions, high altitude and a course that is composed of or has loose rocks or sand, as a result of my participation in this event. I attest and verify that I will participate in this event as a foot race entrant, that I am physically fit and that I have sufficiently trained for the event. I have read all entry information provided and certify my compliance by my signature below. I also understand that my entry fees are non-refundable. I or my Parent/guardian also authorizes and consents to the use of participant's name and/or picture in television, newsprint, advertisement or other media. Lack of signature on my part (or my legal guardian's) does not nullify this entry form.

Name:	BIB #:
Address:	Sex:    M    F
City, State, Zip:	Age on 5/21/2016:
Phone:	
Signature (parent, if under 18 years of age):	