



Saturday, March 31, 2012  
 Springfield, Missouri • 8:00 am start  
 Flat route starting at University Plaza, 333 John Q. Hammons Pkwy.  
 Prizes in female & male youth, adult, and master categories.  
 USATF-certified course.

Timing Provided By:



### Entry Information

“Early Bird” Registration by 4:30 pm on Friday, March 9, 2012: \$20 adults / \$15 children 12 and younger  
 After 4:30 pm on Friday, March 9, 2012 (no t-shirt): \$25 adults / \$20 children 12 and younger  
 Registration closes at 4:30 pm on Wednesday, March 28 and re-opens at Packet Pick-Up on Friday, March 30.  
 Please note: NO refund will be issued for cancellation, weather, or other reasons.

### How to Register

Register online at [www.girlscoutsmoheartland.org/100th](http://www.girlscoutsmoheartland.org/100th) or complete the form below and fax it to 417-862-4120, email [jreynolds@girlscoutsmoheartland.org](mailto:jreynolds@girlscoutsmoheartland.org), or mail/drop off to: Girl Scouts of the Missouri Heartland, Attn: 5K Race, 210 S. Ingram Mill Rd., Springfield, MO 65802. Office is open Monday-Friday 8:30 am - 4:30 pm.

### Packet Pick-Up

March 30, 3:00 pm - 8:00 pm & March 31, 6:15 am - 7:15 am • University Plaza, 333 John Q. Hammons Pkwy.

### Stay for the Believe in Girls Expo!

Join us for a big celebration after the race! We'll have tons of hands-on activities in five initiative areas (science and technology, financial literacy, healthy living, environmental stewardship, and global citizenship), booths to celebrate 100 years of Girl Scouting, and all-day entertainment including live music, animals, and many surprises! The expo runs 11:00 am - 5:00 pm. Race participants receive \$5 off the \$10 expo fee! Visit [www.girlscoutsmoheartland.org/100th](http://www.girlscoutsmoheartland.org/100th) for more information.

### REGISTRATION FORM

Name \_\_\_\_\_ Troop# (if applicable): \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

**Runner Category Info:** Age as of 3/31/12: \_\_\_\_\_  Female  Male

**Shirt size** (circle one): Adult: S M L XL 2XL 3XL Youth: S M L

I recognize and acknowledge that there are certain risks of physical injury in this event. I and my insurer, hereby release, waive, relinquish, and discharge Girl Scouts of the Missouri Heartland, Inc. and any other sponsor and any and all directors, officers, employees, agents, and/or volunteers from any and all claims, demands, action, or causes of action whatsoever, arising out of or related to any loss, damage, or injury, including death, that may be sustained by myself as a result of my participation in the event, whether caused by negligence (including, but not limited to, negligence by any person acting on behalf of Girl Scouts of the Missouri Heartland, Inc., negligent training, or negligent supervision), weather conditions, or otherwise. I further acknowledge that I understand that this is a full release and that I have voluntarily waived my rights and those of my insurer. I verify that I am physically fit and have sufficiently trained for the completion of this event. I have read the entry information provided and certify my compliance by my signature below. Girl Scouts of the Missouri Heartland, Inc. has permission to use pictures, slides, and/or audio-video tapes of me during this event for publicity and public relations purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(for runners younger than 18)

### Fees & Payment

“Early Bird” by 3/9/12:  Adult \$20  Child (12 & younger) \$15 After 3/9/12:  Adult \$25  Child \$20

Additional Donation to Support Girl Scouts of the Missouri Heartland: \$ \_\_\_\_\_

Believe in Girls Expo Event (Special Price for Race Participants!): \$5

**TOTAL PAYMENT: \$ \_\_\_\_\_**

### Payment Method

Check (payable to GSMH)  Cash (walk-in only)  
 Credit Card Number: \_\_\_\_\_ Exp. \_\_\_\_/\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_