



Our Local Sponsors

Henderson Family
YMCA

Granville-Vance
District Health
Dept.

Henderson Junior
Woman's Club

Chase
Development

Michele Burgess
(Stella and Dot)

Icon Entertainment

Subway on
Andrews Ave.

Kerr Vance
Academy
Volleyball Teams

Vanessa Lewis
Photography

Character Antics



Gobbling up Hunger for ACTS



This year GOTR NNC is partnering with ACTS (Area Christians Together in Service). ACTS is a local non-profit organization in Vance County whose mission is to help those who are without food by providing food and moral support for those who have been abused.

Please take a look at the insert provided and consider bringing at least one of the items listed with you on race day.

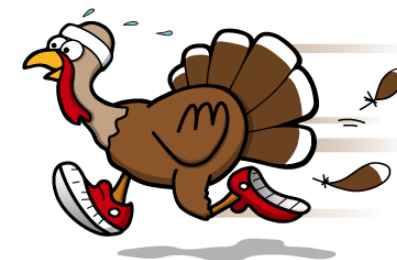
Part of the Girls on the Run experience is giving back to our community! So lets **Gallop** to **Gobble** Up Hunger for ACTS on November 23rd!

About Girls on the Run

Girls on the Run® is a positive youth development program which combines an interactive curriculum and running to inspire self-respect and healthy lifestyles in pre-teen girls. Our core curriculum addresses many aspects of girls' development - their physical, emotional, mental and social well-being. Lessons provide girls with the tools to make positive decisions and to avoid risky adolescent behaviors.

Gobble Gallop 2013

Presented By Girls on the Run Northern NC



This season GOTR NNC wants you to come out and help us
Gobble up Hunger for ACTS!

Please bring canned goods

November 23rd 2013
9:00 am Downtown Henderson
in front of the
Henderson Police Department



Event Information

Date: Saturday, November 23rd, 2013

Time: Check in and *race day registration* will begin at 8am at the Henderson Police Dept. Race starts at 9am.

Time Company: Precision Race will be offering real time results to participants who have registered as competitive. Precision Race uses the state-of-the-art Jaguar 4.0 timing system by Innovative Timing Systems which uses disposable chips. Results will be available by: race clock display, text messaging, results kiosks, scrolling results and online after event.

Course: Race begins on Garnett Street in front of the Henderson Police Department. Race participants will enjoy downtown Henderson as they race for the finish line! The course will end back at the Henderson Police Department.

For Additional Information: Please call 252-438-2144 or visit www.gotrvance.org.



How to Register

Participants can register in one of three ways:

- 1) Mail completed Entry Form and payment to:
Girls on the Run of Northern NC
380 Ruin Creek Road
Henderson, NC 27536
- 2) Register Online at:
www.gotrvance.org or www.active.com
- 3) Register on race day. The Registration Booth will be located in front of the Library.



Register by Nov 8th to Guarantee Your T-Shirt!



Participants who register after Nov 8, 2013 will NOT be guaranteed a race t-shirt!



Official 2013 Gobble Gallop Entry Form

Name: _____

Age: _____ GOTR Site (circle one): Aycock, Butner-Stem, CG Credle, EM Rollins, EO Young, YMCA, Kerr Vance, LB Yancey, Stovall-Shaw, Zeb Vance

E-mail: _____

Address: _____

T-Shirt Size (circle one): YM YL S M L XL XXL

Make Checks Payable to: Henderson YMCA/GOTR

REGISTRATION FEES

| | Pre-Race | Race Day |
|---------------------|----------|----------|
| Adult Competitive | () \$25 | () \$30 |
| Adult Recreational | () \$20 | () \$30 |
| *Child Competitive | () \$15 | () \$20 |
| *Child Recreational | () \$10 | () \$20 |
| *ages 13 and under | | |

PLEASE READ AND SIGN: In consideration of my entry, I, intending to bind myself and anyone entitled to act in my behalf, do hereby release and discharge Girls on the Run International, the City of Henderson, The Henderson Police Department, Volunteers and any and all Sponsors, Contributors, and Organizer from any and all liability arising from any illness, injury, or damages I may suffer as a result of my participation in the Gobble Gallop 2013 Event. I provide and certify my compliance by my signature below. If participant is under 18 years old, I certify by my signature that the child has permission to participate; is in good physical condition; and that officials may authorize emergency medical treatment in the event of injury or illness. I understand that there is no refund due to me for any reason. This release and waiver extends to all claims of every kind whatsoever foreseen or unforeseen, known or unknown. I authorize Girls on the Run of Northern NC to use any photos or videos captured at the Girls on the Run Gobble Gallop 2013 Event for current and future years of program promotion and advertisement.

Signature (If participant is under 18 a parent or guardian MUST sign) _____

Date _____