

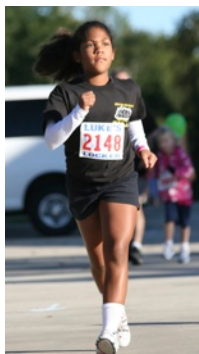
**Mission:** To empower girls to be leaders in our community, fundraise for local and national cancer initiatives all while developing and instilling an enthusiasm for fitness and running.

**Vision:** GIRLS RUN envisions this and future generations of girls growing up with the inherent skills of cancer prevention, as well as commonly exercising their young voices as powerful statements of advancement, community and selflessness.

**VALUES:** Through education and compassion we will prepare girls to be lifelong participants in fitness and advocates for an end to cancer. We believe that every young girl deserves to be equipped with skills to take her into a healthy adulthood. We will use discretion and integrity as we donate funds nationally and locally in restricted and unrestricted capacities.

The educational component of GIRLS RUN is two-fold: PHYSICAL EDUCATION and LECTURE-BASED EDUCATION.

- Journaling
- Proper running technique
- Muscle group identification
- How to strengthen and stretch each muscle group
- Cardiovascular health
- Proper running attire
- Cancer prevention: use of sunscreen, healthy eating, NO SMOKING
- Listening to your body as a health indicator, routine visits to your family physician
- Cancer survivors share their stories
- Use your voice as an advocate
- Guest speakers



## GIRLS RUN Founders Circle

Drs. Kim & Scott Andersen  
Jen & Arnie Ballew  
Jill & Phil Barber  
Nancy & Tom Battle  
Brooke & David Baugh  
Christine & Mark Bergsrud

Pat & Jack Bertotti  
Kim & Mike Bradley  
Cindy & Paul Cardone  
Lisa & Ken Carrig  
Sarah & Mario Coll  
Susan & Wes Colwell  
Jaquita & Clint Corley  
Katie & Fred Cromer  
Kim & Tom Dyches

Lee & Dr. John Fackler  
Laura & Jody Gaddy  
Patti & Jeff Gannon  
Lisa & Andy Hall  
Tracy & Dr. Travis Hird  
Susan & Kenney Holick  
Jennie & Dr. Todd Hughes

Kelly & Brady Hull  
Karen & Joe Jared  
Sue & Tim Johnson  
Andrea & Chuck Jordan  
Gayle & Kurt Kinnie

Amy & Dr. Vance LeCrone  
Susie & Dr. Brandt Lipscomb  
Nikki Vaughan-Maczko & Tim Maczko  
Memorial Hermann The Woodlands

Dr. Penelope & Matt Miggins  
Shani & Tim Monk  
Jennie & Mark Moran  
Susan & Rich Narta

Drs. Stephanie & Frank Parke  
Kristie & Randy Parker  
Dr. Kristyn & Chris Payne  
Robyn & Jeff Petty  
Andrea & Paul Raiford

Drs. Emma & Charles Sims  
Jessica & Aaron Surber  
Dana & Pearce Weaver  
Christy & Randy Wheeler  
Michelle & Taylor White  
Stephanie & Mike Young



## GIRLS RUN SPRING SEASON 2010

GIRLS AGES 6 - 15

LEAVE YOUR FOOTPRINT  
ON THE WORLD!



MARCH 2ND - MAY 1ST

TUESDAYS, 5:30 PM - 6:30 PM

SATURDAYS, 7:30 AM - 8:30 AM

Grounds of Stonebridge Church,  
Research Forest at Branch Crossing



2 MILE TULIP TROT  
SATURDAY, MAY 1ST, 8:00 AM  
at Market Street

GIRLS RUN is a 501(c)3 non-profit organization  
(Tax ID# 26-0396582) based in The Woodlands, Texas  
INSPIRING GIRLS TO FITNESS, PHILANTHROPY  
AND AN END TO CANCER!

**SPRING GOAL:** to complete the 2-mile

TULIP TROT

SATURDAY, MAY 1ST AT MARKET STREET

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INSPIRING GIRLS TO FITNESS, PHILANTHROPY  
AND AN END TO CANCER!

WE'RE MAKING AN



JOIN US AS WE MAKE FOOTPRINTS  
TO CHANGE THE WORLD!



Detach here before submitting registration form

No Smoking



Running

Community Outreach

Fundraising for a Cure

I AM ONE YOUNG VOICE, BUT I  
CAN CHANGE THE WORLD!®

www.girlsrun.net

girlsrun@gmail.com

713-397-3093

GIRLS RUN is a 501(c)3 non-profit organization  
(Tax ID# 26-0396582)

# GIRLS RUN SPRING 2010 REGISTRATION

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ School: \_\_\_\_\_

How did you hear about us?  
\_\_\_\_\_

T-Shirt Size (circle one):

Youth      Small      Medium      Large  
Adult      Small      Medium      Large

Registration Fee: \$125

Includes GIRLS RUN session fee, T-shirt,  
and 2-Mile Tulip Trot  
(One individual per form, please)

### Waiver and Release:

I know participating in any event or physical activity is potentially hazardous and dangerous. I am in adequate physical condition to participate. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participation in this event including, but not limited to: illness, falls, contact with other participants, the effects of the weather. All such risks are known and appreciated by me. Having read this waiver, I waive and release GIRLS RUN, Inc., its founders, organizers, volunteers, sponsors and charitable recipients from all claims or liabilities of any kind arising out of my participation in this event. I agree and accept that the entry fee is non-refundable and non-transferable. I grant permission to all of the aforementioned to use any photograph, recording or any other record of this event for any legitimate purpose without charge.

Signature of participant: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Legal Guardian: \_\_\_\_\_

Amount paid: \_\_\_\_\_

Check #: \_\_\_\_\_

Please make check payable to and mail registration form to:

GIRLS RUN, Inc.

8000 Research Forest Dr. Ste. 115 #232  
The Woodlands, TX 77382

or you may register online at

www.girlsrun.net

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