

## Event Information

DATE: Sunday October 25, 2009  
LOCATION: **Denne Public School**  
330 Burford Street, Newmarket  
REGISTRATION: 9:00 am WARM-UP: 9:45 am  
START: 10:00 am (*rain or shine*)  
MEDICAL: Medical personnel will be on site.

## Registration

Prior to October 11:

- ADULTS (18+):  
\$25 (fee waived with a minimum of \$30 in pledges received by Oct. 25)
- YOUTH (ages 13-17)  
\$20 (fee waived with a minimum of \$25 in pledges received by Oct. 25)
- CHILDREN (6-12)  
\$10 (fee waived with a minimum of \$15 in pledges received by Oct. 25)

Children 5-years-old and under are **FREE** with a registered adult. Must sign waiver to participate.

After October 11:

- ADULTS: \$35
- YOUTH: \$30
- CHILDREN: \$20

*No refunds will be issued. Howl on the Hill t-shirts available for free to the first 200 participants. Food and refreshments available to all registered participants.*

## Registration/Pledge Payment

Prior to October 18:

- Register online at [www.runningroom.com](http://www.runningroom.com)
- In person or mail:  
**Girls Incorporated of York Region:** 80 George St. Unit # 2, L3Y 4V3, Newmarket. T. 905-830-0776  
**Running Room Newmarket:** 17725 Yonge St. L3Y 7C1, Newmarket T. 905-898-8110

After October 18:

- Register at the Running Room Newmarket on Saturday, Oct. 24 from 10am-4pm or on the day of the event from 9am -9:45am at Denne Public School

Payment: Cash or cheque made payable to Girls Incorporated

## 5 & 10 km Walk/Run

There will be a 5km Route as well as a 10km Route.

Feel free to challenge yourself by running the routes instead! Runners will be able to start 5 minutes before the Walkers.

The race will not be chip-timed.

## Reward Yourself!

Raise the following amount of pledges and you can choose from the prizes below!

**\$75** - 1.0L Running Room Bottle **OR** \$5 Starbucks Gift Card  
**\$150** - Running Room workout bag **OR** \$10 Starbucks Gift Card  
**\$250** - Running Room Pedometer **OR** \$25 Chapters Gift Card  
**\$500** - \$50 Running Room Gift Card **OR** \$50 Chapters Gift Card  
**\$1,000** - \$100 Running Room Gift Card **OR** Portable DVD Player

## Race Kit Pick Up/Pre-Check-In

To save time on the day of the Walk, you can hand in your pledges and pick up your exciting participant Gift Bags/T-Shirts on **Saturday October 24** from 10:00 am to 4:00 pm at the **Newmarket Running Room** store. Store location: Dominion Plus Centre, **17725 Yonge St.** Newmarket.

## Prizes

### This is Howl on the Hill's 30th Year!!

We encourage *everyone* to come dressed up in their best Halloween Costume! Get creative!!



BIG prizes will be awarded to the BEST costume in each category: Adults, Youth, Children, and Little Ones 5 and under.

Free Halloween Candy for all children:



## Parking:

Participants can park at Denne Public School's parking lot. There will be enough parking spots available for everyone; however, we encourage car pooling!

## Thank you to our sponsors:

We would like to thank all participants, families, volunteers, the Town of Newmarket, and sponsors for their support of **Girls Incorporated of York Region's 30th Annual Howl on the Hill**



Chatelaine



Special Thanks To:

COBS Bread Newmarket, GoodLife Fitness, St. John's Ambulance, York Regional Police, Mars Canada, Don Valley React, Whyeth Consumer Healthcare, Jelly Belly, Starbucks, Rogers TV, and The Era Banner.

Proceeds from this event are applied directly to the following programs:

- Girls Inc. Operation SMART<sup>SM</sup>
- Girls Inc. Friendly PEERsuasion<sup>SM</sup>
- Girls Inc. Economic Literacy<sup>SM</sup>
- Girls Inc. Discovery Leadership<sup>SM</sup>
- Girls Inc. Sporting Chance<sup>SM</sup>
- Girls Inc. enCOURAGE Girls<sup>SM</sup>



30th ANNUAL



Howl on the Hill



5 km and 10 km Walk/Run

Sunday, October 25th, 2009

Denne Public School, Newmarket

Event Title Sponsor:



[www.girlsincyork.org](http://www.girlsincyork.org)

# We are Girls Incorporated of York Region...

## ALL GIRLS ARE OUR GIRLS.

Girls Incorporated® of York Region (GIYR) is a non-profit organization that is dedicated solely to empowering girls and young women to seek the highest quality of life possible. GIYR has been operating in York Region and Bradford since 1979 and is an affiliate of Girls Incorporated® which has been serving girls as far back as 1864. Our programs address the whole girl. They provide her with leadership experience, build her athletic skills and competitive spirit, teach her money management skills, self-reliance and life skills, nurture her ability and interest in science, math, and technology, equip her with critical health and sexuality information and foster her self-respect and self-determination



Girls are encouraged to develop their own voice and to take an active role in shaping the programs that they choose to participate in. Girls require and deserve the awareness, attention, and commitment of a wide range of individuals and organizations to promote their healthy development. Girls benefit from programs and strategies that build on their strengths and encourage them to explore meaningful possibilities for their futures.

...because growing up is serious business!



Empowering girls to realize their full potential through gender specific programming that inspires all girls to be strong, smart and bold.



"I wouldn't change anything about me because I like me just the way I am."  
—Tamara, 14



We provide an all-girl environment, which allows girls to focus on their interests, at their own pace, free from distractions and comparisons.

## Pledge Form

Make all cheques payable to "Girls Incorporated of York Region". Charitable receipts will be issued for donations of \$20 or more. Address must be fully written in order to receive the receipt.

PARTICIPANT: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Age: \_\_\_\_\_

**PLEASE PRINT CLEARLY. GIRLS INC. CANNOT GUARANTEE A TAX RECEIPT IF INFORMATION IS NOT CLEAR.**

Sponsor's Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

Sponsor's Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

Sponsor's Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

Sponsor's Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

Sponsor's Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

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Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

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Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

Sponsor's Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Amount Pledged: \$ \_\_\_\_\_ Amount Collected: \$ \_\_\_\_\_  
Tax Receipt Required? (please circle) Yes No

Please photocopy this form for more sponsors or visit our website [www.girlsincyork.org](http://www.girlsincyork.org) for extra printable entry forms.

## Entry Form

Pre-register by October 18th on-line at [www.runningroom.com](http://www.runningroom.com), by mail, fax or in person:

**Girls Incorporated of York Region** 80 George St., Unit 2, Newmarket L3Y 4V3 T. 905-830-0776  
**Running Room Newmarket** 17725 Yonge St., Newmarket L3Y 7C1 T. 905-898-8110

Please complete one entry form per individual

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

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

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

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

Postal Code: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

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

Please check the following:

- Male  5 & under  6-12  13-17  
 Female  18+

Event:

- 5 km Walk  5 km Run

- 10 km Walk  10 km Run

Payment Method:

- Cash  
 Cheque (payable to Girls Incorporated of York Region)  
 I would not like to receive any information on Girls Inc.

### Release Waiver

I understand that there is risk inherent in any sporting event. In consideration of the acceptance of my entry in the Girls Incorporated of York Region 5km and/or 10km Walk/Run, I intend to be legally bound, and do hereby for myself, my executors, administrators, heirs, next of kin, successors, and assigns, waive and release any and all claims that I may have against Denne Public School, Girls Incorporated, the events committee, officers, directors, members, volunteers, employees, agents or sponsors, including any and all claims for damage howsoever caused whether by negligence or other causes arising out of my participation in the event and its related activities, together with any costs that may be incurred as a result of any such claim whether valid or not. I hereby verify that I am physically fit for this event. I give my permission to Girls Incorporated of York Region to use my photo for future promotion of this event.  
Date: \_\_\_\_\_

Signature: (if under 18, a parent or guardian must sign below)

Signature of parent/guardian: \_\_\_\_\_