



To Register Online:

[www.girlsjustwannarun.com/register](http://www.girlsjustwannarun.com/register)

To benefit those in need in

the Litchfield Hills area

[www.girlsjustwannarun.com](http://www.girlsjustwannarun.com)

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

## Junior Women's Club of Litchfield Hills

# 13th Annual Girls Just Wanna Run 5K

Sunday, May 7, 2023 Race Start: 12:00 Noon

### Race Details

- Race starts at 12pm
- Registration 10:30am – 11:30am
- Start and Finish behind Litchfield Hills Fitness (LHF) 599 Bantam Rd., Litchfield, CT
- Parking available behind Bantam River Corporate Park Route 202
- Certified 5K Course (3.1 miles) along beautiful Bantam Lake on North Shore Road
- Prizes awarded to first overall female finisher and first finisher in every division

### Divisions

- Child 9 and younger
- Youth 10–12
- Teen 13–19
- Open 20–29
- Submaster 30–39
- Master 40–49
- Grandmaster 50–59
- Senior 60–69
- Exalted 70 & Up

### Race Highlights

#### *Glam it up for more fun!*

Tiaras, boas, etc. welcomed and encouraged!

Glam items will also be available for sale!

#### *Prizes awarded for Most Glamorous!*

#### *Prizes for teams!*

**Gala post race refreshments for all participants**

Fill out neatly and return **Registration Form**. Mail to JWC, PO Box 1490, Litchfield, CT 06759 or email to [girlsjustwannarun@gmail.com](mailto:girlsjustwannarun@gmail.com) Checks payable to JWC.

Name: \_\_\_\_\_ Division: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Circle One: **WALKER** or **RUNNER**

### **GJWR Tek T-shirt (To those who register by 3/15/23)**

Tek T-shirts will be available for sale on race day!

Ladies Adult Sizes: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL

Unisex Adult Sizes: \_\_\_\_\_ XXL \_\_\_\_\_ XXXL

\_\_\_\_\_ \$30 **Adult** Race Registration by 4/14/23

\_\_\_\_\_ \$35 **Adult** Race Registration starting 4/15/23

\_\_\_\_\_ \$18 **Child** Race Registration (12 and younger)

Being of full age and in consideration of my participation in the event, I do hereby release and forever discharge The Junior Women's Club of Litchfield Hills and any volunteers associated with this event from all claims arising out of any and all personal injuries, damages, expenses and any loss or damage whatsoever resulting or which may result from my participation in the Girls Just Wanna Run 5K Race on May 7, 2023. I also certify that I am physically fit and sufficiently trained to compete in this event.

\_\_\_\_\_  
Signature or Legal Guardian

By checking this box I am giving the Junior Women's Club of Litchfield Hills permission to inform me about other club events and programs.