



Strengthening Girls from START to FINISH

Girls on the Run® is a running program for girls in 3rd-5th grade that encourages healthy, physical, emotional, social, and spiritual development. Girls walk away from the program with a vibrant sense of accomplishment, skills to enhance their self-esteem and a “CAN-DO” attitude. The program combines training for a 5k run with uplifting workouts.

See www.GirlsOnTheRun.org

celebrate the COOL things about being a girl!

Program will begin at TCH on April 2, 2013.

The 5k run will be held in Traverse City at the Bayshore Race Series Course on
Saturday May 25th at 5:00 PM.

If you have any questions please contact Coach, Michele Shane
at Michele@traversechildrenshouse.org

Registration for Girls on the Run®

Name: _____ Age: _____ Date of Birth: _____
School attending: _____ Parents/Guardians Name: _____
Mailing Address: _____ City: _____
State: _____ Zip: _____ Phone: _____ T-SHIRT SIZE: Youth M L or Adult S M L XL 2XL

I _____ give permission for _____ to
(parent/guardian) (Daughter)

participate in the Girls on the Run® program. I understand this is a non-competitive running program designed for girls in 3rd-5th grades. Along with physical workouts, coaches provide targeted and age-appropriate discussions on certain areas (e.g. healthy eating habits, tobacco and alcohol use, personal safety, character development, etc.) in order to prepare girls for a lifetime of self-respect and healthy living by encouraging positive emotional, social, mental, spiritual, and physical development.

Grant monies funded Girls on the Run® in the past. We are asking for a \$30 fee per child to fund this year's program. This guarantees each girl a t-shirt, water bottle, goody bag, snacks etc.. Please check one of the following boxes.

- Enclosed is my \$30. Checks made payable to: Girls on the Run
- Enclosed is my \$30 and \$ _____ to further support Girls on the Run®
- Scholarship needed (enclosed is my \$5.00 scholarship donation)

Please return completed form to: the school office.



Health Form and Parental/Guardian Informed Consent Form

Participant Name: _____ **Birth Date:** _____

Home Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip Code:** _____

Mother's/Guardian's Name: _____ **Work Phone:** _____ **Mobile Phone:** _____

Father's/Guardian's Name: _____ **Work Phone:** _____ **Mobile Phone:** _____

Emergency Contacts (contacted only after efforts to reach parent/guardian fail):

Contact #1: _____ **Work Phone:** _____ **Mobile Phone:** _____

Relation to Participant:

Contact #2: _____ **Work Phone:** _____ **Mobile Phone:** _____

Relation to Participant:

Allergies (please list any/all allergies participant has experienced):

Medications (please list any/all medications participant is currently taking):

General Questions (If "YES", please explain below):

QUESTION	YES	NO	QUESTION	YES	NO
1. Had any recent injury, illness or infectious disease?			16. Ever had german measles?		
2. Have a chronic or recurring illness/condition			17. Ever had hepatitis?		
3. Ever been hospitalized?			18. Ever had back problems?		
4. Ever had surgery?			19. Ever had problems with joints?		
5. Have frequent headaches?			20. Ever had chest pain during or after exercise?		
6. Ever had a head injury?			21. Have any skin problems?		
7. Ever been knocked unconscious?			22. Have diabetes?		
8. Wear glasses, contacts or protective eyewear?			23. Have asthma?		
9. Ever passed out during or after exercise?			24. Had mononucleosis in the past 12 months?		
10. Ever had frequent ear infections?			25. Had problems with diarrhea/constipation?		
11. Ever been dizzy during or after exercise?			26. Ever had an eating disorder?		
12. Ever had seizures?			27. Ever had high blood pressure?		
13. Have orthodontic appliance being brought to school?			28. Ever been diagnosed with a heart murmur?		
14. Ever had emotional difficulties for which professional help was sought?			29. Ever had chicken pox?		
15. Ever had measles?			30. Ever had mumps?		
			31. Had first menstruation?		

Please explain any "yes" answers, noting the number of the questions:

Insurance Information:

Is participant covered by insurance? YES NO Carrier/Plan Name: _____

Name of Insured: _____ Group #: _____

Relationship to Participant: _____ Policy #: _____

Preferred Hospital Provider:

Physician's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

I am the parent or legal guardian of _____, a minor ("Participant"). I agree that the Participant may participate in the Girls on the Run program. The purpose of the program is to increase the Participant's activity/fitness level and self-esteem while at the same time teaching life skills that will be beneficial to the Participant as she enters middle school/adolescence. I understand that during the program, the Participant will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks of the program, and in consideration for allowing the Participant to participate in the program, I hereby release, discharge and agree to hold harmless, and to indemnify each of Girls on the Run of Northwest Michigan and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me or the Participant related directly or indirectly to the program (including without limitation the 5k race), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

In addition, I hereby authorize Girls on the Run of Northwest Michigan, if after a reasonable attempt has been made to reach a parent, guardian or emergency contact to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the Participant under the general or special supervision and on the advice of any physician or surgeon who may treat the Participant, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to the Participant by any health care professional who may treat the Participant. I agree to pay for any such treatment and to reimburse Girls on the Run of Northwest Michigan for all costs and expenses it may incur related to such treatment.

I hereby grant to Girls on the Run the absolute and irrevocable right and permission, in respect of the photographs and videos that have been or will be taken of the Participant or in which the Participant may be included with others, to copyright the same, in the name of Girls on the Run or otherwise; to use, re-use, publish, and republish the same in whole or in part, individually or in conjunction with other photographs and videos, and in conjunction with any printed matter, in any and all media now or hereafter known, and for any purpose whatsoever; and to use my name in connection therewith. I hereby release and discharge Girls on the Run from any and all claims and demands arising out of or in connection with the use of the photographs and videos, including without limitation any and all claims for libel or invasion of privacy.

I understand Participant may complete a confidential pre and post survey at the beginning and conclusion of the program. The survey measures student attitudes toward school, family, self and peers. Participant will not be asked to provide her name on her survey. The purpose of the survey is to measure any group attitudinal changes that occur because of participation in the Girls on the Run program. This survey was developed especially for Girls on the Run by Rita DeBate, PhD, University of South Florida. Registration and test information is shared with Girls on the Run International.

I understand Participant may receive antiperspirant/deodorant as gift from Secret®, a national sponsor of Girls on The Run. I understand Participant may receive Kellogg's Frosted Flakes cereal as gift from Kellogg's, a national sponsor of Girls on the Run. Secret and Kellogg's Frosted Flakes proudly supports the Girls on The Run program in helping prepare girls for a lifetime of self-respect and healthy living.

I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain substantial rights that I and participant may have or possess against Girls on the Run. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement.

I have fully read the above permissions and releases, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to the Participant's participation in the Girls on the Run program. I am the parent or legal guardian of the Participant, and this permission and release is binding on me and my executor, administrators and heirs.

Participant's Name (please print): _____ Date: _____

Signed by Parent or Guardian: _____ Date: _____