# Girls on the run®

## Strengthening Girls from START to FINISH

Girls on the Run® is a running program for girls in 2rd-6th 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 7, 2014

The 5k run will be held in Traverse City at the Bayshore Race Series Course on
**Saturday May 24h at 5:00 PM.**

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

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## 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.