



Educating and preparing girls for a lifetime of self-respect and healthy living.



**2010 Spring Program
March 22 - May 22**

- Hemingway Elementary**
Monday and Wednesday 2:45-4:00
- Hailey Elementary School**
Tuesday and Thursday 2:45-4:00
- Woodside Elementary School**
Tuesday and Thursday 2:45-4:00
- Bellevue Elementary School**
Monday and Wednesday 2:45-4:00
- Carey School**
Monday and Wednesday 3:15-4:30

Girls on the Run:

- Is a nationwide, character-building program for 3rd -5th grade girls.
 - Incorporates warm-ups and workouts with interactive, uplifting games developed to teach girls a specific life lesson while preparing them for a community 5k run/walk event.
 - Is led by coaches who guide and mentor the girls through an innovative curriculum designed to develop a stronger sense of identity, a greater acceptance of themselves, and positive peer group experiences.
 - Includes topics such as making healthy decisions, standing up for yourself, drugs and alcohol, cooperation, and values.
 - Provides an encouraging, positive environment where girls can feel free to express themselves and celebrate their individuality and inner beauty.
 - Promotes a sense of community through planning and participation in a community service project.
 - Is encouraging, challenging, and fun for girls of all fitness levels.
- Check out our selection of videos about the program, curriculum sample, photos and more on our website girlsontherunwrvalley.org.

Important Program Information:

- Please register by Friday, March 19.
- Fee for the nine-week program is \$95.00, due by the first week, and includes 20 sessions, T-shirt, water bottle and 5k entry.
- Scholarships are definitely available and are based on need. Please call Mary Fauth, 788-7863, fill out scholarship form on website: www.girlsontherunwrvalley.org, or indicate on form below amount you are able to pay.
- Repetition of the program is encouraged. Lesson topics & activities vary each season. A supportive running-type shoe is required. No canvas sneakers, sandals, clogs, or crocs. If shoes are a need, please let us know!

- Sign up is for both days of the session.
- Sessions will be held regardless of weather. Dress accordingly! On inclement days, we may meet inside the gym.
- **Girls must be picked up on time.**

Important Dates: As a part of the program girls will participate in the **New Balance Girls on the Run 5k May 22**. Family members are encouraged to come, be a running buddy and cheer the girls on. Also, the girls will be planning and participating in a community service project. So stay tuned for details.

SIGN ME UP!!

Detach this registration panel and mail with a \$95.00 check payable to: **Girls on the Run, PO Box 7016, Ketchum, ID 83340.**
Or register online: www.girlsontherunwrvalley.org. Any questions phone 788-7863 or email mary@girlsontherunwrvalley.org.

Name: _____ Parent/Guardian Name: _____ Day Phone: _____
Mailing Address: _____ City: _____ Birthday: _____ Age: _____ Grade: _____ School: _____
Emergency Contact and Phone: _____ Email (Important to receive GOTR parent updates and news): _____

I would be interested in coaching/assisting: Yes/No _____ NEW! 5th Grade Star: 5th graders that have been a GOTR in the past will be given a special leadership role.

Program Session (please circle one): Hemingway M/W Hailey T/Th Woodside T/Th Bellevue M/W Carey M/Wi

Snack: I would like to bring snack one day: Yes/No _____ **T-Shirt size** (please circle one): Youth-M(10-12) L(14-16) Adult- S, M, L

Photo Release: I hereby give permission for images of my child, captured during regular and special GOTR activities through video, photo and digital camera, to be used solely for the purposes of GOTR promotional material and publications.

Parent/Guardian Signature: _____ **Amt. enclosed:** _____

Sponsor a girl! Help ensure that Girls on the Run can reach one other girl in need! Please include an additional \$95 for full program sponsorship. or \$45 for partial sponsorship. Your generosity is greatly appreciated!!

