



Girls on the Run

REGISTRATION - Spring 2010

Los Alamitos Elementary School – 3rd-5th grade girls

Program Information: What is Girls on the Run? The two words that best describe Girls on the Run are "FUN" and "RUN". Every aspect of this national program is geared toward helping girls feel good about who they are - physically, emotionally and socially. The girls will train for a 5k run/walk event with uplifting, self-esteem enhancing workouts, running games and focused discussion. The program is non-competitive and the innovative curriculum is designed to change a girl's budding notion that how she looks is more important than who she is. The girls will also design and complete a community service project as part of the program. The session includes registration in the Girls on the Run 5k run on Saturday, May 15th, 2010 in Vasona Park. For more information, visit our website at www.gotrsv.org.

Program Dates and Times: Tuesdays and Thursdays, 3:15-4:30 Program meets twice weekly on the school field (indoor space on rain days) and runs March 2–May 13, 2010. The girls will also participate in the Girls on the Run 5k event on May 15th in Vasona Park, Los Gatos. No class during spring break.

Coaches: Dana Arnold, Helen Louvelle, Michelle Bandoni and Karen Gayraud

Program Fee: \$200 (includes program t-shirt, water bottle, 5k race registration and more!)

Please make checks payable to Girls on the Run of Silicon Valley. Mail completed form and check to: GOTR of Silicon Valley, PO Box 510, Los Gatos, CA 95031. **Registration is limited and accepted on a first come, first serve basis.** Scholarships are available. Please contact kathleen@gotrsv.org for more information.

Registration Information:

Participant's Name: _____ Date of Birth: ___/___/_____

School Student Attends: _____ Grade in School: _____

Ethnicity: _____ (Optional, but could be helpful for grant funding)

Has your daughter participated in Girls on the Run before? Yes _____ No _____

Please circle Participant's T-shirt size: Youth M L **or** Adult S M L XL

Parent/Guardian Name: _____ Email: _____

Parent/Guardian Employer: _____ (Optional, but could be very helpful in securing grants or sponsorship)

Street address: _____

City: _____ State: _____ zip: _____

Home Phone: (____) _____ Work/Cell Phone: (____) _____

Emergency Contact (name/phone): _____

Positive Participation Agreement: I agree to come to each session on time, dressed to run and promise to actively participate with a positive attitude.

Signature of Participant _____ Date _____

Signature of Parent/Guardian _____ Date _____

Forms due by end of official registration period on February 8, 2010. First come, first serve. Mail completed form and check to: GOTR of Silicon Valley, PO Box 510, Los Gatos, CA 95031