



# Girls on the Run

## REGISTRATION - Spring 2010

### Main Street 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 15<sup>th</sup>, 2010 in Vasona Park. For more information, visit our website at [www.gotrsv.org](http://www.gotrsv.org).

**Program Dates and Times: Wednesdays 3:15-4:30, Fridays 12:15-1:30** Program meets twice weekly on the school field (indoor space on rain days) and runs March 1–May 12, 2010. The girls will also participate in the Girls on the Run 5k event on May 15<sup>th</sup> in Vasona Park, Los Gatos. No class during spring break.

**Coaches: Tracy Winterhalder, Annelies Walbridge and Julie DeBernardo**

**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](mailto: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**