



Attention 3rd – 6th Grade Elementary Girls!

Come join in the fun with Girls on the Run! - - A program for third through sixth grade girls that combines training for a 5k running event with self-esteem enhancing and uplifting workouts. **You DO NOT have to be a runner to participate in Girls on the Run!**

The goal of Girls on the Run is to encourage positive emotional, social, mental, spiritual and physical development. The program helps participants develop a stronger sense of identity, greater acceptance of themselves, healthier body images, and an understanding of what it means to be a part of a team. Above all of that, the program is **FUN!!**

Girls on the Run of Isabella and Gratiot Counties Spring 2010 Program:

- Spring 2010 Girls on the Run will begin the week of March 1st and will end with our 5K on Saturday, May 15th (information regarding the 5K will be sent home prior to the event).
- The program will be offered at the following elementary schools: Alma Hillcrest, Alma Pine, Alma St. Mary, Beal City Mayes, Fancher, Ganiard, Ithaca, McGuire, Morey Public, Pullen, Renaissance Academy, Rosebush, Sacred Heart Academy, Saginaw Chippewa Academy, Shepherd, St. Joseph the Worker, St. Louis Nikkari, Vowles, and Winn.
- Girls on the Run takes place two days each week at the school immediately after dismissal – for the first session all girls should meet their coach at the school office right after school unless told otherwise. Days of the week will vary per site – it will be noted on the registration form.
- Each session lasts one and a half hours. Parents must pick their child up at the school at the designated program ending time.
- The registration fee for Girls on the Run is based on a sliding scale fee. The registration fee, along with donations, helps to cover the cost of running shoes, t-shirts, snacks and all other expenses needed to deliver ten weeks of quality programming. **Scholarships are available to help with the cost of registration.** The registration fee schedule is as follows:

<u>Family Income</u>	<u>Fee</u>
Less than \$15,000	\$25
\$15,001—\$25,000	\$35
\$25,001—\$35,000	\$45
\$35,001—\$50,000	\$55
\$50,001—\$65,000	\$65
Greater than \$65,000	\$75

- **Online registration will open February 1st at 12:01am!** Go to **www.gotrisabellagratiot.org** to register **OR complete the enclosed form and mail it in** to the address on the form.
- **Please note!!!** Program space is limited!! If enough coaches are available, some schools may have more than one program to accommodate the number of girls. If your site is full, please contact Jen Crawford, Council Director, at 989-775-4885 to explore program options or to be placed on a waiting list.

Girls on the Run of Isabella and Gratiot Counties

Spring 2010 Registration Form



Participant Information



Last Name _____ First Name _____ Grade _____ School _____
 Address _____ City _____ Zip Code _____ Date of Birth _____
 Home Phone _____ Race/Ethnicity (Please check all that apply): White Native American Asian African American Hispanic/Latino Other
 Parent/Guardian Name _____ Daytime Phone _____ Email Address _____

T-Shirt Size

- Youth Medium Youth Large Adult Small Adult Medium Adult Large Adult X- Large

Spring 2010 Girls on the Run Programs. Space is limited. Please mark your 1st Choice—if the program is full, you will be contacted.

- | | | | |
|------------------------------------|----------------------------------|---|-------------------------------------|
| _____ Alma Hillcrest (Mon & Thurs) | _____ Ithaca (Tues & Thurs) | _____ Rosebush (Wed & Thurs) | _____ St. Louis Nikkari (Wed & Fri) |
| _____ Alma Pine (Mon & Wed) | _____ McGuire (Mon & Wed) | _____ Sacred Heart (Tues & Thurs) | _____ Vowles (Tues & Thurs) |
| _____ Alma St. Mary (Mon & Fri) | _____ Morey Public (Mon & Wed) | _____ Sag Chip Acad (Tues & Thurs) | _____ Winn (Mon & Wed) |
| _____ Beal City Mayes (Mon & Wed) | _____ Pullen A (Mon & Wed) | _____ Shepherd A (Mon & Wed) | |
| _____ Fancher (Tues & Thurs) | _____ Pullen B (Tues & Thurs) | _____ Shepherd B (Tues & Thurs) | |
| _____ Ganiard (Mon & Wed) | _____ Renaissance (Tues & Thurs) | _____ St. Joseph the Worker (Mon & Wed) | |

Program Fee Schedule

Family Income	Fee
Less than \$15,000	\$25
\$15,001-\$25,000	\$35
\$25,001-\$35,000	\$45
\$35,001 - \$50,000	\$55
\$50,001—\$65,000	\$65
Greater than \$65,000	\$75

Please make checks payable to: Mt. Pleasant Community Education

Scholarships are available on a limited basis.
 Contact Jen Crawford, Council Director, at (989) 775-4885 or
 jen@gotrisabellagratiot.org for more information.

Girls on the Run is open to all 3rd-6th grade girls!

Please mail your completed form and payment to:

Girls on the Run of Isabella and Gratiot Counties
 Mt. Pleasant Community Education
 1651 S. Bamber Road
 Mt. Pleasant, MI 48858

Please Note: All registration fees are nonrefundable.

Registration Deadline: All Registrations must be received by February 19th.

All programs begin the week of March 1st!

I would like to donate the following amount to the Girls on the Run scholarship fund:\$ _____