

## 2010 SPRING REGISTRATION

Girls on the Run® is an experiential learning program for 3rd, 4th, and 5th grade girls that combines training for a 5K running event with life-changing, self-esteem enhancing, uplifting warm-ups & work-outs that encourage emotional, social, mental, and physical development.

For 10 weeks, participants will meet for one hour after school two days per week. Program start and finish dates vary by community. Please go to [www.girlsontherunbc.org](http://www.girlsontherunbc.org) for site schedules. Girls will be training for the New Balance Girls on the Run® 5K on Saturday, May 22, 2010 at Colvill Park in Red Wing.

Each group will be led by 2 trained CPR certified coaches.



### Registration Costs 2010

The actual out of pocket cost of the Girls on the Run program is approximately \$150 per girl for the twice per week, ten week program. This fee covers the full cost of one child's participation which includes:

- 20 lessons conducted by two certified GOTR coaches (CPR, First Aid & GOTR trained)
- Program t-shirt
- Water bottle
- Registration at the New Balance Girls on the Run of Bluff Country 5k Event
- All program supplies, site fees, coach background checks, council dues, and costs to deliver the program

A family that can afford to pay the \$150 registration fee is asked to pay the full amount. Participants of Girls on the Run and their families who are not financially able to pay the \$150 cost may chose a program cost ranging from \$0-\$150. Please contact your Program Coordinator, Martha Harris, to register and set up a full scholarship or payment plan if needed. The following scale is provided for families to choose what they are most comfortable affording. The sustainability of this program relies on the honesty and integrity of parents to choose their appropriate registration amount. It is essential that each family contribute as much as it can afford.

All registration information remains confidential between families and the Program Coordinator. We share this information with families because we remain committed to the principals of the program that inspire all girls regardless of socioeconomic situations. All girls participate equally in the program regardless of the amount their families select.

*The average family of 4 would pay:*

<b>Full Pay:</b>	Income greater than \$50,000	pay	\$150
<b>Partial Scholarship:</b>	Income between \$49,999 – 30,000	pay	\$100
	29,999 – 20,000	pay	\$50
	19,999 or less	pay	\$25

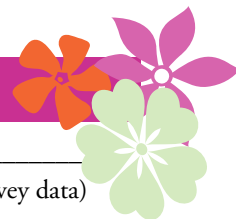
**Full Scholarship:** Please contact Program Coordinator, Martha Harris at 651-528-3166.

Local fundraising efforts and donations from community supports help bridge the gap between program registrations paid and necessary scholarships.



For questions or comments, please contact Martha Harris at [runnergirl@redwing.net](mailto:runnergirl@redwing.net) or 651.528.3166

# GIRLS ON THE RUN® OF BLUFF COUNTRY REGISTRATION FORM



Name: \_\_\_\_\_ Age: \_\_\_\_\_ Ethnicity: \_\_\_\_\_  
(optional for survey data)

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Daytime #: \_\_\_\_\_ Cell: \_\_\_\_\_ Home: \_\_\_\_\_

Parent: Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Parent/Guardian's e-mail address (please print): \_\_\_\_\_  
(we will use e-mail as our primary means of communication to minimize paper usage)



Please indicate 1st and 2nd choices for site below:

## Girls on the Run®

### Goodhue, MN Site

Goodhue Public School • 3:15-4:30

\_\_\_ Tuesday & Thursday

### Hager City, WI Site

Prairie View Elementary School • 3:35-5:00

\_\_\_ Tuesday & Thursday

### Northfield, MN Sites

Sibley Elementary School • 3:15-4:45

\_\_\_ Monday & Wednesday

\_\_\_ Tuesday & Thursday

Greenvale Park Elementary School • 3:15-4:45

\_\_\_ Monday & Wednesday

\_\_\_ Tuesday & Thursday

Girls on Track® is offered in Goodhue and Red Wing

Goodhue Public School • 2:30-4:00

\_\_\_ Tuesday & Thursday

Twin Bluff Middle School • 2:30-4:00.

\_\_\_ Tuesday & Thursday

### Red Wing, MN Sites

Burnside School • 3:30-4:45

\_\_\_ Monday & Wednesday

\_\_\_ Tuesday & Thursday

Sunnyside Elementary • 3:45-5:00

\_\_\_ Tuesday & Thursday

St. Joseph School • 2:30-3:45

\_\_\_ Monday & Thursday

Red Wing Family YMCA • 2:30-3:45

\_\_\_ Monday & Wednesday

Twin Bluff Middle School • 2:30-3:45

\_\_\_ Monday & Wednesday

\_\_\_ Tuesday & Thursday

(open to 5th and 6th graders)

*Northfield programs start the first week of March. Ellsworth, Goodhue and Red Wing will begin the 2nd week of March. Please check [www.girlsontherunbc.org](http://www.girlsontherunbc.org) site for more details.*



## Circle T-Shirt Size:

Youth sizes: M L Adult sizes: S M L XL

Amount Enclosed: \_\_\_\_\_ Check number: \_\_\_\_\_

Yes, I'd like to contribute \$ \_\_\_\_\_ to the scholarship fund. A thank you letter acknowledging your tax deductible contribution will be sent to you at the address listed above. **THANK YOU!**

Parent /Guardian Signature \_\_\_\_\_

*A confirmation packet will be sent home with your daughter prior to season start date.*



## Register on line:

by clicking the Registration link on our website at [www.girlsontherunbc.org](http://www.girlsontherunbc.org)

Online registration opens Feb. 1, closes March 9, 2010

OR

## Mail Registration to:

Girls on the Run® of Bluff Country  
PO Box 536  
Red Wing MN 55066

OR

Drop off at your daughter's school.

