



Spring Session 2011

Girls on the Run



of The King's Daughters' Hospital

www.kdhgirlsontherun.org

When and Where ?

12-week program is open to 3rd, 4th, and 5th grade girls. Select location ...

Southwestern Elementary - Begins Feb. 28

Time: Mon/Wed | 3:00 - 4:15 p.m.

E.O. Muncie Elementary - Begins Feb. 28

Time: Mon/Wed | 2:30 - 3:45 p.m.

Anderson Elementary - Begins March 1

Time: Tues /Thur | 4:15 - 5:30 p.m.

Combined **5K event** will be May 21.

\$80 Fee includes: Lesson materials, program t-shirt, healthy snacks, 5K event, and celebration banquet. Our cost to provide the program is \$160. KDH and other donations help offset the cost.

What is Girls on the Run ?

Girls on the Run is an after school program that uses the power of running to help prepare a girl for a lifetime of self-respect and healthy living. Through interactive activities such as running, playing games, and discussing important issues, participants learn how to celebrate being girls. The program focuses on building self-esteem and improving emotional and physical health.

Each session is led by trained female coaches that guide and mentor girls through a fun and uplifting curriculum. Coaches teach specific life lessons such as:

- Dealing with body image and the media;
- Resisting peer pressure;
- Making healthy decisions;
- Contributing to the community.

For more information, call Heather Foy at 812-265-0175.

Some scholarships are available. To inquire about scholarships, or to donate to Girls on the Run, please Contact Heather Foy at 265-0175 or foyh@kdhs.org.

Registration Form

Girl's Name: _____ Girl's Birthday _____

Grade: _____ GOTR SITE (please circle) Southwestern E.O. Muncie Anderson

T-Shirt Size (circle one): Child-M Child-L Adult-S Adult-M Adult-L

Parent's Names: _____ Home Phone: _____ Cell/Work _____

Address: _____ City: _____ State: ____ Zip: _____

Parent / Guardian e-mail: _____ Child's Ethnicity/Race _____

Waiver:

My child has permission to participate in Girls on the Run (GOTR). I understand during this program my daughter will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats, and abnormal blood pressure readings. Serious health risks are rare. While GOTR takes all reasonable precautions, we can make no guarantees regarding these risks. I agree not to hold GOTR International, The King's Daughters' Hospital & Health Services, or its GOTR coaches liable for any injury or damages due to participation in the Girls on the Run program. By registering for GOTR, I understand that my daughter is committing to attend all or most of the sessions. Program fee is non-refundable after March 8. I have read this form and understand there are inherent risks associated with physical activity. To the best of my knowledge there are no contradictions to my daughters' participation to GOTR.

Signature: _____

Limit is 15 girls per site. Registration will close once we have received registration forms and payment from 15 girls. Make checks payable to KDH Girls on the Run. Registration forms and payments can be mailed to: KDH Girls on the Run, P.O. Box 447, Madison, IN 47250. You may also call 812-265-0175 and pay via credit / debit card over the phone. You will still need to mail or fax registration form.