

Online Registration Checklist

Families will need to have the following information on hand in order to register their girl:

- Location of program (school or community site)
- Child's date of birth
- Child's T-shirt size
- Child's grade
- Parent/Guardian's name, address, email and phone
- Name and number for individuals authorized to pick up participant after practices
- Name and number for emergency contact(s)
- Allergy information
- Any medications your child takes
- Any special health conditions your child's coach should be aware of
- Health insurance information
- Doctor's name and phone number
- Credit/Debit card

Program Fees Include

- 20 lessons conducted by certified Coaches
- an official program T-shirt
- a water bottle
- a healthy snack at each program meeting
- participation in the 5k Celebration Run
- a 5k Finisher's Medal

Program Fee & Scholarships:

If your special girl is eligible for **FREE LUNCH** at school, the **Program Fee is \$30.00** (*\$145.00 Scholarship*)

If your special girl is eligible for **REDUCED LUNCH** at school, the **Program Fee is \$90.00** (*\$85.00 Scholarship*)
(*\$90 Program Payments may be split into two payments: \$45 upon registration, \$45 the following month*)

If your special girl is not eligible for either of the above programs, the **Program Fee is \$175.00**
(*\$175 Program Payments may be split into two payments: \$90 upon registration, \$85 the following month*)

5k Celebration Run on May 4, 2019

It's the Happiest Run in Town! Our 5K is a community event that will bring a smile to your face! Anyone who has been to a Girls on the Run 5K Celebration Run knows that it is unlike any other running event. It is a celebration of and for the girls who are completing a ten-week season of Girls on the Run programming. By the day of the 5K, their enthusiasm is so unbridled that they are running around *before* the race! Positive energy abounds as the girls dance to warm-up music, get their hair "happied" and "tattoos" on their faces, and gather with their teammates to hold hands as they head to the starting line.

The 5k Celebration Run is open to EVERYONE! Be sure to stay for the fabulous 5k After Party featuring a Kid's Game Zone, Raffles, Music, Food, and lots of family fun. You will be so glad you joined us!

What if my daughter has participated before?

Each of our curricula was designed to be used over and over again, with girls new to the program and with girls repeating the program. We also know that what a child experiences and learns in Girls on the Run as a third grader is quite different from what she learns as a fourth or fifth grader, and especially as a middle schooler in our Heart & Sole programming. With repetition the depths of learning and the ability of a girl to apply what she learns at each lesson is greater. We now alternate between several experience-based curricula each season, so our girls experience similar topics with different games and activities from one season to the next. Returning girls often naturally step into mentoring and leadership roles with the younger girls. Furthermore, the team has changed, the relationships she will build will be new and different, as are the lessons she will learn about herself and others.

Questions? Please contact Tiffany Collins, Program Director: tiffany.collins@girlsontherun.org or call the Girls on the Run office at 912-349-1528.