

# Every girl deserves a lifetime of self-respect and healthy living



## What is Girls on the Run (GOTR)?

A 10 week, 2 day per week, after school program for 3<sup>rd</sup> thru 8<sup>th</sup> grade girls that uses the power of running & physical activity to help prepare girls for a lifetime of self-respect and healthy living; and No, YOU DON'T HAVE TO LIKE OR KNOW HOW TO RUN! It's a place where participants learn how to celebrate being themselves by building self-esteem & improving emotional & physical health.

Each session is led by trained coaches who guide & mentor girls through a fun & uplifting curriculum that is designed to deal with age appropriate issues of 8-14 year old girls. Lessons provide tools to avoid risky behaviors such as drug/alcohol use, early sexual activity & eating disorders/obesity.

GOTR combines physical training, namely preparing for a 3.1 mile run/walk event, with warm-ups, team building activities & workouts that focus on specific life-skills including: how to get along within a group; how to assert yourself in a healthy manner; how to stop a gossip chain; what is a friend; and how to combat the negative & unreachable images from the media.

### Our goal for Each Girl is to...

- Have a stronger sense of identity
- Learn to stand up for herself in a healthy manner
- Learn the advantages of peer group support
- Understand her place in the community
- Have an improved body image, and
- Complete a 5Krun/walk

For More information call Cathy Goike @ 989.358.7970

## SPRING 2012 SITES STARTS WEEK OF MARCH 19, 2012

**Thunder Bay Junior High**  
**All Saints Catholic School**  
Monday & Wednesdays, 2:30-4:00

**Besser Elementary**  
**Ella White Elementary**  
Monday & Wednesdays, 3:45-5:00

**Bingham Arts Academy**  
**Lincoln Elementary**  
Tuesdays & Thursdays, 3:45-5:00

**Hinks Elementary**  
**Sanborn Elementary**  
**Wilson Elementary**  
Monday & Wednesdays, 4:00-5:15

*(minimum of 8 girls, max of 15 at each site)*  
**Register early, sites fill-up quickly**

We will  
**CELEBRATE and RECOGNIZE**  
the successes and friendships of the  
GOTR participants at the  
**Celebration 5K Run**  
**Saturday June 2, 2012**  
9:00 am  
**Thunder Bay Junior High**

## 2012 SPRING REGISTRATION FORM

**Do Not** turn in registration forms to your school, a girl is not considered registered until form arrives at GOTR office.

Complete, mail or drop off form along with payment by **March 12, 2012** to:

Make Checks payable to DHD#4/GOTR Sunrise Side.

Girls on the Run Sunrise Side  
@ District Health Department #4  
100 Woods Circle, Suite 200  
Alpena, MI 49707

### Spring 2012 Program Fee Schedule

(This fee includes a t-shirt, water bottle, 5K race fee, snacks and 10 fun filled weeks of activities led by trained coaches)

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

Scholarships are available. Must complete & submit an application & income verification to Girls on the Run prior to program start date  
Call 358-7970

Girl's Name: \_\_\_\_\_ /\_\_\_\_\_/\_\_\_\_\_  
Birthday grade

Girl's Address: \_\_\_\_\_  
street city zip

Home phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Circle t-shirt size: YL AS AM AL AXL

Parents'/Guardians' Name(s): \_\_\_\_\_

Family email \_\_\_\_\_

### Check which program site to attend:

- TBJH     All Saints     Besser     Bingham Arts Academy  
 Ella White     Hinks     Lincoln     Sanborn     Wilson

### Local Partners:

**Alpena Tri-County Zonta Club**  
**Bay Athletic Club**  
**District Health Department #4**

### National Sponsors:

**Goody**    **Secret**    **Garmin**  
**Athleta**    **Skintastic**

Registration fees help us provide every girl with an outstanding experience. We ask for your commitment to provide accurate information about your family's financial status and income verification may be requested.

Amount Enclosed: \_\_\_\_\_