

BECOME A GIRL ON THE RUN!

You are invited to join us. And so are all of your friends. You are sure to have fun, even if you don't love running.

With Girls on the Run You'll:

- Make new friends and enjoy your old friends more!
- Learn how to eat well to feel good about YOU.
- Take part in games that help you feel positive and excited about tomorrow.
- Do things you never thought you could do-like run (or skip or walk) a 5K



This is not an APS sponsored event

For more info 989-358-7970

Download registration form @ www.dhd4.org.

Register early,
many sites fill quickly!

Program starts week of March 2 right after school for 90 minutes, 2x/week for 10 weeks. Ending with our **Color Me Awesome 5K on Saturday, May 16, '20.** Get a **FREE gift** if register by Feb. 7

Cost: fee includes a GOTR t-shirt, water bottle, afterschool snacks, 5K race fee, 5K t-shirt, medal & goodie bag, and 10 fun filled weeks of life skill activities led by trained coaches.

Mail, drop off, fax or email form to DHD4 office along with payment by Feb. 21, '20
100 Woods Circle, Suite 200, Alpena, MI 49707, 989-356-3529, cgoike@dhd4.org **DO Not turn in to your school**

Girl's Name: _____ grade _____ Birthday: ____/____/____

Girl's Address: _____ Street _____ city _____ zip _____ race: _____

Home phone: _____ Cell phone: _____

Family email: _____ Parents'/Guardians' Name(s): _____

Check which program site :

- All Saints / T, Th / gr.3-6
- Besser / M, W / gr.3-5
- Cheboygan Inter / M, TH / gr.3-5
- Ella White / M, W / gr.3-5
- Hillman / M, TH / gr.3-5
- Hinks / M, W / gr.3-5
- Immanuel Luth. / M, W / gr.3-6
- Inland Lakes / T, TH / gr.3-5
- Lincoln / M, W / gr.3-5
- Onaway / M, W / gr.3-5
- Posen / M, W / gr.3-5
- Rogers City / M, W / gr.3-5
- Sanborn / M, W / gr.3-5
- Wilson / M, W / gr.3-5
- Wolverine / M, W / gr.3-5

T-shirt size:

- YL
- AS
- AM
- AL
- AXL

Program Fee

Greater than \$65,000	\$85
50,001-65,000	75
35,001-50,000	65
25,001-35,000	55
15,001-25,000	45
Less than \$15,000	35

based on Family Income

Full Scholarships available. Must complete & submit an application & income verification to Girls on the Run prior to program start date. Call 989-358-7970 for application

Amount submitted: _____



If by check, make payable to: DHD4/Girls on the Run



There will be a small card convenience fee charged up to \$1.75

Card Number _____

Exp. Date _____ Card Holder Name _____

Security Code _____ Signature _____

Local Sponsors:

Alpena Alcona Area Credit Union * Calcite Credit Union * Community Foundation of NE MI District. Health Dept #4 * First Federal of N. Michigan Legacy Foundation
NE MI Women's Giving Circle * Pepsi * PIE & G
Zonta Club of Alpena/TriCounty Area * Werth Development
Wolverine State Credit Union

National Sponsors:

Adidas * Cigna * Justice
Gamma Phi Beta * Thirty-one
Caribou Coffee