

Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Using a 24 lesson curriculum, the lessons use warm ups and work outs that encourage emotional, mental, social, and physical well being.

We Envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Girls on the Run honors its core values. We strive to:

- ✿ Recognize our power and responsibility to be intentional in our decision making
- ✿ Embrace our differences and find strength in our connectedness
- ✿ Express joy, optimism and gratitude through our words, thoughts and actions
- ✿ Nurture our physical, emotional and spiritual health
- ✿ Lead with an open heart and assume positive intent
- ✿ Stand up for ourselves and others

Girls on Run also:

- ✿ Is designed for girls grades 3-5 and Girls on Track for grades 6-8
- ✿ Challenges girls whatever their fitness level
- ✿ Participates in Girls on the Run 5K on May 20th at Hartwood Acres
- ✿ Girls must be able to attend both days per week to register for 12-week program
- ✿ Class size is limited to 15 participants per team

Girls on the Run Program Sites (3rd to 5th grade)

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| <ul style="list-style-type: none"> ■ Avalon Elementary
Northgate
Tues. / Thurs. 3:00-4:15 ■ Avonworth Elementary
Avonworth
Mon. / Wed. 3:30-5:00 ■ Bellevue Elementary
Northgate
Mon. / Tues. 3:00-4:15 ■ Blueberry Hill Park Activity Center
Franklin Park Borough
Mon. / Thurs. 5:00-6:15 ■ Burchfield Primary
Shaler Area
Tues. / Thurs. 3:45-5:00 ■ Campus School at Carlow University
Oakland
Thurs. / Sun.
5:30-6:45 / 4:30-5:45 ■ Centennial Elementary
McKeesport
Tues. / Thurs. 3:15-4:30 ■ Central Elementary
Hampton Township
Mon. / Thurs. 3:15-4:30 ■ Clairton Elementary*
Clairton City Schools
Mon. / Thurs. 3:00-4:15 ■ Club One
East Liberty
Mon. / Wed. 6:00-7:15 ■ Colfax ALA
Squirrel Hill
Mon. / Wed. 3:30-4:45 ■ Community Day School
Squirrel Hill
Tues. / Thurs. 3:45-5:00 ■ Community & Recreation Center at Boyce Mayview Park
Upper St. Clair
Tues. / Thurs. 6:00-7:15 | <ul style="list-style-type: none"> ■ Curtisville Primary
Deer Lakes
Tues. / Thurs. 3:45-5:00 ■ Dilworth Elementary
Pittsburgh
Tues. / Thurs. 4:00-5:00 ■ Edgeworth Elementary*
Quaker Valley
Tues. / Thurs. 3:30-5:00 ■ The Ellis School
Pittsburgh
Tues. / Thurs. 5:15-6:30 ■ Environmental Charter School
Pittsburgh
Mon. / Wed. 4:00-5:15 ■ Fort Crawford
New Kensington-Arnold
Tues. / Thurs. 3:15-4:30 ■ Francis McClure*
McKeesport
Mon. / Wed. & Tues. / Thurs.
4:00-5:00 ; 5:00-6:00 ■ Greenwald
New Kensington-Arnold
Tues. / Thurs. 3:15-4:30 ■ Haine Elementary*
Seneca Valley
Tues. / Thurs. 3:30-4:45 ■ HD Berkey
New Kensington-Arnold
Tues. / Thurs. 2:45-4:00 ■ Hoover Elementary
Mt. Lebanon
Mon. / Wed. 3:30-4:45 ■ Jefferson Elementary*
Mt. Lebanon
Tues. / Thurs. 3:30-4:45 ■ Kerr Elementary
Fox Chapel
Tues. / Thurs. 4:00-5:15 ■ Ligonier Valley YMCA
Ligonier
Tues. / Thurs. 5:45-7:00 |
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February 27th-May 25th

- Lincoln Elementary*
Mt. Lebanon
Mon. / Wed. OR
Wed. / Fri. 3:45-5:00
- Mars Elementary
Mars Area
Mon. / Wed. 6:00-7:15
- Markham Elementary
Mt. Lebanon
Wed. / Thurs. 3:30-5:00
- Marzolf Primary School
Shaler Area
Tues. / Thurs. 3:45-5:00
- McKee Elementary*
West Allegheny
Tues. / Thurs. 3:30-4:45
- Newlonsburg Elementary
Franklin Regional
Tues. / Thurs. 3:45-5:00
- O'Hara Elementary
Fox Chapel
Tues. / Thurs. 6:00-7:15
- Pine Community Center
Wexford
Tues. / Thurs. 6:30-7:45
- Pittsburgh Manchester
North Side
Tues. / Thurs. 3:00-4:15
- Pittsburgh Montessori
Pittsburgh Public
Tues. / Thurs. 3:45-5:00
- Pittsburgh West Liberty
Brookline
Tues. / Thurs. 4:00-5:15
- Poff Elementary
Hampton Township
Tues. / Thurs. 3:35-5:00
- Propel Montour
Kennedy Township
Tues. / Thurs. 3:45-5:15
- Shaler Area Elementary
Shaler Area
Tues. / Thurs. 3:15-4:30

***will have more than one team**

- Sloan Elementary
Franklin Regional
Mon. / Thurs. 3:45-5:00
- Verner Elementary
Riverview
Mon. / Wed. 3:15-4:30
- West Point Elementary
Hempfield Area
Tues. / Thurs. 4:00-5:15
- Wilson Elementary*
West Allegheny
Mon. / Thurs. 3:30-4:45
- Winchester Thurston
Oakland
Mon. / Wed. 6:00-7:15
- Wyland Elementary
Hampton Township
Mon. / Wed. 3:30-4:45



Girls on Track Program Sites

(6th to 8th grade)
February 27th-May 25th

- Club One
East Liberty
Mon. / Wed. 6:00-7:15
- Colfax Elementary
Allegheny Valley
Tues. / Wed. 3:00-4:15
- Environmental Charter School
Pittsburgh
Mon. / Wed. 4:00-5:15
- Northgate Middle School
Northgate
Mon. / Wed. 3:00-4:15
- O'Hara Elementary
Fox Chapel
Tues. / Thurs. 6:00-7:15
- Shaler Area Elementary
Shaler Area
Tues. / Thurs. 3:15-4:30

Registration Form

Girl's Name _____

Grade _____ Date of Birth _____

Address _____

City, State, Zip _____

Parent/Guardian Name _____

E-mail _____

Phone _____

Emergency Contact (who to call when we can't reach you)

Name _____

Phone _____

How did you hear about us? _____

**Health history and consent forms will be e-mailed or provided on the first day of class for you to complete and return to your child's coach at the next class.*

Please Circle One:

Girls on the Run
(3rd to 5th grade)

Girls on Track
(6th to 8th grade)

Site Chosen _____

T-shirt size (circle one) Youth: M L Adult: S M L X XXL

Program Fee Schedule

Annual Family Income	Fee Per Girl
Less than \$15,000	\$20
\$15,000-\$22,000	\$45
\$22,001-\$29,000	\$70
\$29,001-\$36,000	\$100
\$36,001-\$45,000	\$135
Greater than \$45,001	\$160

Please circle appropriate fee and make check payable to:

Girls on the Run

Send payments to:

Girls on the Run
Magee-Womens Hospital
3380 Blvd. of the Allies,
Suite 321
Pittsburgh, PA 15213

***Class size is limited; first come, first served.** Fee includes T-shirt, all classes, water bottle, snacks, and race entry fee.

Registration deadline is February 22, 2012.

Absolutely no refunds after March 2, 2012.

*Registration and payment accepted by mail or hand delivered to the GOTR office only by February 22nd.



Registration Form – Part 2

Girls on the Run 5K event – Sunday, May 20th – Hartwood Acres

This form/waiver also pre-registers your daughter/girl for the 5K event on May 20th at Hartwood Acres. There is no additional fee for Spring 2012 GOTR participants for the 5K event.

PLEASE READ AND SIGN:

I, intending to be legally bound for myself, and anyone entitled to act in my behalf, do hereby release and discharge Girls on the Run International®, including but not limited to Girls on the Run® at Magee-Womens Hospital of University of Pittsburgh Medical Center, all sponsors, County of Allegheny, Allegheny County Park Dept., Hartwood Acres, Hampton Township EMS, and all event volunteers from any and all liability arising from any illness, injury or damages I may suffer as a result of my participation in the Girls on the Run 5K event on May 20, 2012.

Must be signed to be valid:

Date: _____

Signature X _____
(parent or guardian)

5K registration for family and community runners will be available in April.

I am interested in volunteering at the GOTR 5K on May 20th.

Programs are available to all girls regardless of income. Full scholarships are available upon application to Girls on the Run. Call 412-641-1596 for an application.

In addition to your registration fee, help make GOTR available to all who wish to participate. Please consider making a tax deductible donation to provide scholarship funds for a girl.

Yes, I want to provide a full program scholarship with a donation of \$160.

Yes, I want to provide a partial program scholarship with a donation of \$ _____

For more information about how to get involved, become a SoleMate, or support Girls on the Run, visit www.gotrmagee.org

A program registration form and payment, or completed scholarship form must be received in order for girls to participate. Payment plans are available.

Thank you!

Magee-Womens Hospital
of UPMC
MAGEE100


the place for Smiles™

 Live, Learn
and Thrive
Touching lives, improving life. **P&G**

 **THE GRABLE FOUNDATION**
dedicated to improving the lives of children

Dream Catchers
Films, Inc.

 **ATHLETA**

