

Girls on the Run

Girls on the Run is a non profit organization dedicated to helping girls stay out of the "girl box," using a 24-lesson curriculum designed to promote good choices for a lifetime of self-respect and healthy living. The lessons, use warm-ups and workouts that encourage emotional, social, mental, spiritual, and physical well-being.

- Is a program for **3rd to 8th** grade girls designed to educate and prepare them for a lifetime of self-respect and healthy living
- Provides positive peer group experience and role models for healthy living
- Challenges and encourages the girls, whatever their fitness level
- Includes warm-ups, running workouts, and games that teach important skills, such as how to make healthy decisions and how to resolve conflicts
- Has an innovative curriculum designed exclusively for pre-teen girls
- Girls on the Run will participate in the Arthritis Foundation Jingle Bell Run on the North Shore on Sat. Dec. 11th

Girls on the Run & Girls on Track Program Sites Sept. 13 - Dec. 17 2010

(3rd to 5th grade)

- Avonworth Elementary – Avonworth Mondays and Wednesdays 3:30-5
- David Leech Elementary - Leechburg Mon/Wed and Tue/Thur - 3:15 to 4:30 p.m.
- Eden Hall Upper Elementary Pine-Richland - Tues/Thurs 3:30-4:45
- Edgeworth School – Quaker Valley Tuesdays and Thursdays - 3:30 to 4:45 p.m.
- Environmental Charter School at Frick Park Pitt. Public - Mon/Wed and Tue/Thur 3:30 to 4:45 p.m.
- Fort Crawford Elementary – New Kensington-Arnold Tuesdays and Thursdays - 3:15 to 4:30 p.m.
- Greenwald Elementary New Kensington-Arnold Tuesdays and Thursdays - 3:15 to 4:30 p.m.

- HD Berkey Elementary – New Kensington-Arnold - Tue. and Thur.- 2:45 to 4:00 p.m.
- Martin Elementary – New Kensington-Arnold Tuesdays and Thursdays - 3:15 to 4:30 p.m.
- Osborne Elementary – Quaker Valley Tuesdays and Thursdays - 3:30 to 5 p.m.
- Pittsburgh Montessori – Pittsburgh Public Days TBD 3:50-4:50
- Slippery Rock Elementary – Slippery Rock Mondays and Wednesdays - 3:30 to 4:45 p.m.
- West Point Elementary - Hempfield Mon/Wed and Tue/Thur - 4 to 5:15 p.m.
- O'Hara Elementary – Fox Chapel Tuesdays and Thursdays 6:00-7:15pm
- Todd Lane Elementary-Central Valley T/R 3:30-4:45

Girls on Track (6th to 8th grade girls)

- Avonworth Middle School - Avonworth Mondays and Wednesdays 3 to 4:15 p.m.
- Club One - East Liberty Mon. and Wed. - 5:45 to 7 p.m.
- Duquesne City School - Duquesne Tuesdays and Thursdays 3:15 to 4:30 p.m.
- Valley Middle School – New Kensington-Arnold Tue. and Thur. - 2:45 to 4:00 p.m.

For more information: 412-641-1596 or 412-641-8904 • www.gotrmagee.org • mcolaizzi@magee.edu

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 parent/guardian)
 Name _____
 Phone _____

T-shirt size (circle one) youth: M L Adult: S M L X XX

Program Fee Schedule

Annual Family Income	Fee Per Girl
Less than \$15,000	\$15
\$15,000-\$22,000	\$40
\$22,001-\$29,000	\$65
\$29,001-\$36,000	\$95
\$36,001-\$45,000	\$125
Greater than \$45,001	\$150

Please circle appropriate fee and make check payable to: Girls on the Run

Send payments to:
Girls on the Run
Magee-Womens Hospital
3339 Ward Street
Pittsburgh PA, 15213

How did you hear about us? _____

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

Site Chosen: _____

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 \$150.

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

Class size is limited to 15 girls per team; first come, first served. Fee includes 12-week program, T-shirt, water bottle and snacks. Registration deadline is Sept. 10, 2010. Absolutely no refunds after Sept 17, 2010.

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.

* A separate registration form will be sent home prior to the 5K event.

National Sponsors



Special Thanks To:

