

Presented Locally By:



Additional Local Sponsors:



National Sponsors:



How you can help!

Our program is staffed by volunteers. Please contact us if you are interested in sharing your time and talents!

Council Director: Laurie Abildso
Email: labildso@gmail.com
Phone: 304-685-4140

www.moncountygotr.org



Girls on the Run of Monongalia County
c/o Mon General Hospital (Employee Wellness)
1200 J.D. Anderson Drive
Morgantown, WV 26505

Fall Program 2010



**After-School Program
for
3rd-5th Grade Girls**

**Educating and Preparing Girls
for a Lifetime of Self-Respect
and Healthy Living!**

**Brookhaven Elementary School
Ridgedale Elementary School**

**Visit our website:
www.moncountygotr.org**

What is Girls on the Run?

Girls on the Run:

- Combines training for a local 3.1 mile run with lessons that enhance self-esteem and encourage healthy habits
- Encourages girls at all fitness levels
- Engages participants in a local community service project
- Is led by trained coaches who serve as positive role models
- Also provides participants with healthy snacks, a program t-shirt, 5K race entry, and a water bottle

Open to all girls in grades 3-5

Fall 2010 Locations:

Brookhaven Elementary
Meets Tues/Thurs 3:30-4:45 p.m.

Ridgedale Elementary
Meets Mon/Thurs 3:30-4:45 p.m.

When: Starts week of **Sept. 7, 2010**
Meets twice a week for 12 weeks
(through 1st week of December)

Fall 2010 Registration Form



Girl's Name _____
Date of Birth ____/____/____
Age _____ **Grade** _____
School _____

T-shirt size (Please circle one)
 Child M L Adult S M L

Parent/Guardian Name(s):

Address: _____

City: _____

State: _____ **Zip:** _____

Day Phone: _____

Cell Phone: _____

Email: _____

Class size limited to 15*
First come, first served

Priority given to students at participating schools; open to others if spaces available

Registration Deadline:
Sept. 1, 2010

*To hold a group, there must be at least 8 participants

Please check one:

- Brookhaven Elementary
 Ridgedale Elementary

Program Fee Schedule

Family Income	Fee
Greater than \$50,000	\$90
\$25,001 — 49,999	\$60
\$10,001 — 25,000	\$40
Less than \$10,000	\$15

Registration fees cover a portion of actual program costs. **Our generous sponsors allow us to offer you these lower fees.**

Please see fee schedule above and enter your registration fee here: \$ _____

If your family is able to donate more, please list that amount here: \$ _____

Thank you!

Enter total check amount: \$ _____

Make checks payable to:
**"GOTR of Mon County
 c/o Mon General Hospital"**

Returned checks will be assessed a fee

Students at participating schools should return completed forms with payment to their classroom teacher. Payment must be submitted with form.

Families from other schools, please contact Laurie at labildso@gmail.com

Date form and payment received: ____/____/____