



Girls on the Run®

of Ottawa and Allegan Counties

Educating and preparing girls for a lifetime of self-respect and healthy living.

Spring 2009 Girls on the Run Registration

What is Girls on the Run ?

Girls on the Run is an after-school programs for girls in grades 3-5. Participants spend 10 weeks working with certified, volunteer coaches developing their running, social, and personal skills. The program begins the last week of February and ends with a 5K Celebration Run/Walk in May. The program is non-competitive and encourages girls to set goals and do their best to achieve them.

What do they look like?

Over the course of 10 weeks, each team of 8-15 girls meets with their certified coaches on Monday/Wednesday or Tuesday/Thursday. Practices start 10 minutes after school dismissal and last for an hour and a half. The lessons emphasize healthy fun through activities that promote character building, based on a whole-person concept, which stresses the importance of developing the emotional, mental, social, and physical aspects of the individual.

Why does Girls on the Run exist?

Studies have shown that self-esteem declines during girls' adolescent years. Low self-esteem can lead to a lack of goals and ambitions and can exhibit itself in poor academic performance, depression, eating disorders, and substance abuse. The social and personal skills that the program teaches can help girls avoid such things and provides them with the tools necessary to build healthy self-esteem and the knowledge to lead a healthy lifestyle.

Our Vision:

It is our vision to allow all girls in Ottawa and Allegan counties the opportunity to learn about and experience whole person growth. We seek to help all girls grow into physically and emotionally healthy women, to dream and achieve goals and to become contributing members of the community. We are committed to offering this program to every girl, regardless of her ability to pay.

Please see reverse side for registration information or visit our website www.gotroac.org

2009 Participating Schools

<u>Holland</u>	<u>West Ottawa</u>	<u>Zeeland</u>	<u>Hudsonville</u>	<u>Grand Haven</u>	<u>Spring Lake</u>
Black River	Glerum	Lincoln Elem.	Alward Elementary	Ferry Elementary	Holmes Elementary
Corpus Christi	Great Lakes	New Groningen	Bauer Elementary	Grand Haven Chr.	Jeffers Elementary
Eagle Crest Charter	Lakeshore	Quincy Elementary	Forest Grove Elem.	Griffin Elementary	Spring Lake Int.
East K-8	Lakewood	Roosevelt Elem.	Georgetown Elem.	Lake Hills Elem.	St. Mary's
Harrington	North Holland	Woodbridge Elem.	Hudsonville Chr.	Mary A. White Elem.	Walden Green Day
Holland Heights	Pine Creek	Zeeland Christian	Jamestown Elem.	Peach Plains Elem.	West Michigan Acad.
Jefferson	Sheldon Woods		Park Elementary	Robinson Elem.	
Maplewood	Waukazoo	<u>Allendale</u>	South Elementary	Rosy Mound Elem.	<u>Fennville</u>
Pine Ridge Chr.	Woodside	Evergreen Elem.			Fennville Elem.
Rose Park Chr.		Springview Elem.	<u>Jenison</u>	<u>Coopersville</u>	Discovery Elem.
Van Raalte	<u>Hamilton</u>	Allendale Christain	Bauerwood Elem.	Coopersville East	<u>Allegan</u>
Vanderbilt	Hamilton Elem.		Bursley Elementary	St. Michael's	Dawson Elementary
	Bentheim Elem.	<u>Hopkins</u>	Pinewood Elem.		North Ward Elem.
<u>Wayland</u>	Blue Star Elem.	Hopkins Elementary	Rosewood Elem.	<u>Saugatuck</u>	Pine Trails Elem.
Steeby Elementary	Sandyview Elem.	Sycamore Elem.	Sandy Hill Elem.	Douglas Elem.	

An affiliate of:



Girls on the Run of Ottawa and Allegan Counties

CENTER FOR WOMEN IN TRANSITION
Center for Women in Transition
411 Butternut Drive
Holland, MI 49424

616.494.1719 phone
616.355.9760 fax
gotr@aplaceforwomen.org

Brought to you by:



Proud Partners:





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Spring 2009 Registration Information

2 Ways to Register

1. **Online** - Visit www.gotroac.org to register online. Registration is available January 1 - January 17.
2. **Attend a Registration Open House** - Dates and times listed below.

Registration Cost:

The actual out of pocket cost of the Girls on the Run program is approximately \$120 per girl for the twice per week, ten week program. This fee covers the full cost of one child's participation which includes:

- A new pair of New Balance Running shoes (see below for fitting details)
- 20 lessons conducted by two certified GOTR coaches
- A Gazelle Sports practice T-shirt
- An official Girls on the Run event T-shirt
- Participation in the 5K Celebration Run/Walk
- A water bottle

A family that can afford to pay the \$120 registration fee is asked to pay the full amount. **Participants of Girls on the Run and their families who are not financially able to pay the \$120 cost may request a scholarship and chose a cost ranging from \$0-\$119. We also offer payment plans at every level.** Girls participate equally in the program regardless of the amount their families select. The following scale is provided for families to chose what they are most comfortable affording. **The sustainability of this program relies on the honesty and integrity of parents to choose their appropriate registration amount. It is essential that each family contribute as much as it can afford.** Local fundraising efforts and donations from community supporters help bridge the gap between program registrations paid and necessary scholarships.

All registration information remains confidential between families and the Program Coordinator. We share this information with you because we remain committed to the principles of the program that inspire all girls regardless of socioeconomic situations. We will have a reference table available online or at the Open Houses to assist you with choosing your fee.

Level 1: \$120

Level 2: \$80-\$119

Level 3: \$40-79

Level 4: \$0-\$39

- Level 4 is reserved for families that qualify for fee or reduced lunches

*****If you chose to register online, your participant must either attend an Open House or go to Gazelle Sports in downtown Holland to be fit for her shoes. Participants will not receive shoes if they are not fit for them.**

2009 Registration Open Houses

<u>Date</u>	<u>Time</u>	<u>Location</u>
1/5/09	3:00 - 4:10pm	Sycamore Elementary, 2163 142nd Ave, Dorr, 49323
1/5/09	4:30 - 6:00pm	Steeby Elementary, 435 E. Superior St., Wayland, 49348
1/6/09	3:40 - 6:00pm	Evergreen Elementary, 10690 Learning Lane, Allendale, 49401
1/7/09	3:30 - 6:00pm	Bauer Elementary, 8136 48th Ave., Hudsonville, 49426
1/8/09	3:00 - 4:10pm	Hopkins Elementary, 400 S. Clark St., 49328
1/8/09	4:30 - 6:00pm	Hamilton Middle, 4845 1365th Ave., Hamilton, 49419
1/9/09	3:30 - 7:00pm	Roosevelt Elementary, 175 W. Roosevelt, Zeeland, 49464
1/10/09	9:00am - 1:00pm	Tri-Cities Families YMCA, 1 Y Drive, Grand Haven, 49417
1/12/09	3:00 - 6:00pm	Fennville Upper Elementary, 2 Memorial Drive, Fennville, 49408
1/13/09	3:15 - 6:00pm	Douglas Elementary, 261 Randolph St., 49406
1/14/09	3:30 - 6:00pm	East K-8, 373 E. 24th St., Holland, 49423
1/15/09	3:00 - 6:00pm	Pine Trails Elementary, 2950 Center St., Allegan, 49401
1/16/09	3:30 - 6:00pm	Coopersville East Elementary, 198 East St., Coopersville, 49404
1/17/09	9:00am - 1:00pm	Center for Women in Transition, 411 Butternut Drive, Holland, 49424
1/19/09	3:45 - 6:00pm	Spring Lake Intermediate, 345 Hammond St., Spring Lake, 49456