



Fall 2013

Girls on the Run (GOTR) is a non-profit prevention program that uses an interactive curriculum and running to encourage pre-teen girls (grades 3-5) to develop self respect and healthy lifestyles. The curriculum addresses all aspects of a girl's development including her physical, emotional, mental, and social well-being.

GOTR combines physical training, namely preparing for a 3.1 mile/5K running event, with warm-ups, team building activities and workouts that focus on specific life-skills.

*GOTR is unable to provide afterschool care before any program's scheduled starting time. Girls may not be left unsupervised under any circumstances.

*This not a school-sponsored activity and the Madison Metropolitan School District does not approve, support or endorse this program/activity.



Fall 2013 Program Details

Girls on the Run (GOTR) is offered to 3rd-5th grade girls. Our season begins on Wednesday, September 4th and runs through November 9 culminating with the 5th Annual Girls on the Run 5K in Waunakee.

Scholarship Information:

Scholarship assistance is available to qualifying families unable to pay the full fee. Scholarship amounts are based on family income as indicated. Please check the appropriate income level/fee.

Program Fee Schedule	Fee:	Scholarship Available:
<input type="checkbox"/> Over \$60,000	\$150	\$0
<input type="checkbox"/> \$50,001-60,000	\$125	\$25
<input type="checkbox"/> \$30,001-50,000	\$100	\$50
<input type="checkbox"/> \$20,001-30,000	\$60	\$90
<input type="checkbox"/> Under \$20,000	\$30	\$120

Additional Donation Amount: _____
Full scholarships are also available on a case-by-case basis.

If paying less than the full rate of \$150, please provide the following information:
 Number of Family Members _____
 Adjusted Gross Income* _____
 Does child qualify for Free or Reduce Lunch? _____

Please share any special circumstances that contribute to your scholarship request:

Fall 2013 Registration Form

PLEASE INDICATE PREFERRED SITE AND DAYS:

Complete the registration and scholarship information completely and clearly and submit along with payment to:

Girls on the Run of Dane County
 901 Deming Way
 Madison, WI 53717

Girl's Name: _____ Grade: _____
 Girl's Birthdate: ____/____/____
 Circle T-Shirt Size: YM YL Adult S M L
 Circle Girl's Ethnicity: American Indian Asian
 Black Hispanic White Other

Girl's Address _____
 City, State _____ Zip Code _____

Home Phone _____ Cell Phone _____
 Family Email _____
 Parent/Guardian Name _____ Phone _____
 Emergency Contact (if Different) _____ Phone _____

PLEASE COMPLETE THE HEALTH FORM AND PARENTAL/GUARDIAN INFORMED CONSENT FORM ON THE REVERSE SIDE.





Health Form and Parental/Guardian Informed Consent Form

Participant Name: _____ **Birth Date:** _____

Home Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip Code:** _____

Mother's/Guardian's Name: _____ **Work Phone:** _____ **Mobile Phone:** _____

Father's/Guardian's Name: _____ **Work Phone:** _____ **Mobile Phone:** _____

Allergies (please list all allergies participant has experienced):

Medications (please list all medications participant is currently taking):

Medical information (please include any medical information which would impact the participant's ability to participate at GOTR):

I am the parent or legal guardian of _____, a minor ("Participant"). I agree that the Participant may participate in the Girls on the Run program. The purpose of the program is to increase the Participant's activity/fitness level and self-esteem while at the same time teaching life skills that will be beneficial to the Participant as she enters middle school/adolescence. I understand that during the program, the Participant will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks of the program, and in consideration for allowing the Participant to participate in the program, I hereby release, discharge and agree to hold harmless, and to indemnify each of Girls on the Run of Dane County and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me or the Participant related directly or indirectly to the program (including without limitation participation in the Girls on the Run 5k race), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

In addition, I hereby authorize Girls on the Run of Dane County, if after a reasonable attempt has been made to reach a parent, guardian or emergency contact to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the Participant under the general or special supervision and on the advice of any physician or surgeon who may treat the Participant, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to the Participant by any health care professional who may treat the Participant. I agree to pay for any such treatment and to reimburse Girls on the Run of Dane County for all costs and expenses it may incur related to such treatment.

I hereby grant to Girls on the Run the absolute and irrevocable right and permission, in respect of the photographs and videos that have been or will be taken of the Participant or in which the Participant may be included with others, to copyright the same, in the name of Girls on the Run or otherwise; to use, re-use, publish, and republish the same in whole or in part, individually or in conjunction with other photographs and videos, and in conjunction with any printed matter, in any and all media now or hereafter known, and for any purpose whatsoever; and to use my name in connection therewith. I hereby release and discharge Girls on the Run from any and all claims and demands arising out of or in connection with the use of the photographs and videos, including without limitation any and all claims for libel or invasion of privacy.

I understand Participant may complete a confidential pre and post survey at the beginning and conclusion of the program. The survey measures student attitudes toward school, family, self and peers. Participant will not be asked to provide her name on her survey. The purpose of the survey is to measure any group attitudinal changes that occur because of participation in the Girls on the Run program. This survey was developed especially for Girls on the Run by Rita DeBate, PhD, University of South Florida. Registration and test information is shared with Girls on the Run International.

I understand Participant may receive antiperspirant/deodorant as gift from Secret®, a national sponsor of Girls on The Run. Secret proudly supports the Girls on The Run program in helping prepare girls for a lifetime of self-respect and healthy living.

I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain substantial rights that I and participant may have or possess against Girls on the Run. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement.

I have fully read the above permissions and releases, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to the Participant's participation in the Girls on the Run program. I am the parent or legal guardian of the Participant, and this permission and release is binding on me and my executor, administrators and heirs.

Participant's Name (please print): _____ **Date:** _____

Signed by Parent or Guardian: _____ **Date:** _____