

# REGISTER HERE!

Please Print Legibly.

## Participant Information:

Name \_\_\_\_\_

D/O/B \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Ph. \_\_\_\_\_

### Shirt Size (select one)

Youth:  S  M  L

Adult:  S  M  L

\*All communications will be sent to the following:

## Contact Person Information:

Name \_\_\_\_\_

Work Ph. \_\_\_\_\_

Cell Ph. \_\_\_\_\_

Email \_\_\_\_\_

D/O/B \_\_\_\_\_

## Yes, I am interested in volunteering as:

- Program Coach
- Running Buddy
- Team Sponsor— see separate forms

I hereby consent for my child/ward, named herein, to participate in this program and agree to release the Harrison Family YMCA, league volunteers and sponsors from any claims that may arise from injuries suffered by my child/ward while participating in the skills evaluation, practices, scrimmages and/or games.

Parent/  
Guardian \_\_\_\_\_

Date \_\_\_\_\_

Harrison Family YMCA  
1000 Independence Drive  
Rocky Mount, NC 27804  
harrisonfamilyY.org  
252-972-9622



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EMPOWERING GIRLS

## HARRISON FAMILY YMCA

### Girls on the Run



## ABOUT GIRLS ON THE RUN

Girls on the Run (GOTR) is a non-profit prevention program that encourages pre-teen girls to develop self-respect and healthy lifestyles through running. The Y is proud to offer this terrific after school program for young girls. Designed to allow every girl to recognize her inner strength, the Girls on the Run curriculum inspires girls to define their lives on their own terms. Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique. Physical activity is woven into our program to inspire an appreciation of fitness and to build habits that lead to a lifetime of health. At the end of each session, the girls participate in a Girls on the Run 5K event. This celebratory, non-competitive event is the culminating experience of the curriculum.

### We have two main goals:

- ⇒ Our first goal: at the end of our ten weeks, each girl will run a 5K race!
- ⇒ Our second goal: to educate and prepare girls for a lifetime of self-respect and healthy living!

### The curriculum includes topics such as:

- ⇒ Self-Talk Matters
- ⇒ Untangling our Emotions
- ⇒ Healthy Habits of Life
- ⇒ Attitude of Gratitude
- ⇒ Let's Cooperate
- ⇒ Putting an End to Gossip
- ⇒ I choose to Stop and take a BrThRR

**Ages:** 3rd-5th grade



## PROGRAM DATES & DETAILS

**Registration:** January 3rd-March 2nd

**Start Date:** Week of March 12th

Program is 10 weeks long with weeks off for Spring Break, etc.

**Location:** YMCA and potentially other school sites, TBA

**Practices:** Times may vary. Contact Brett Van Pelt at 252-972-9622 x. 245 or [bvanpelt@rmymca.org](mailto:bvanpelt@rmymca.org) for details.

**5K:** The 5K we will be running in is the Rocky Mount Mills 5K on June 2nd, 2018. Learn more here: <https://www.mill5k.com/>

## VOLUNTEER OPTIONS

### Coach

Warm-up your spirit fingers, lace up your sneakers and inspire a group of girls to be strong and healthy. Teams of volunteer coaches facilitate our easy to follow curriculum with small groups of girls over the course of 10 weeks. Amidst the conversation, laughter, hugs and energy awards, you will witness transformational change in the girls and don't be surprised if you realize that you are positively changing as well! Ready to make a difference and encourage girls to realize their full potential? The first step is signing up. Ready, Set, Coach!

### Running Buddy

Ready. Set. Go! Lace up your sneakers, put on your GOTR gear and get ready for a 5k experience unlike any other. The excitement in the air is palpable as the girls meet their teammates, get their pictures taken, chant "Girls on the Run is so much fun" and squeeze in a final energy award before heading to the starting line. Your girl may want to hold your hand, skip, sprint or walk, and no matter what she chooses, you'll be the support she needs along the course. And at the end, when the finish line comes into sight, you will never forget the look on her face as she crosses and realizes that, indeed, she can accomplish anything she sets her mind to do. Ready to run? Take the first step today.

## PROGRAM FEES

**\$75/YMCA Members**

**\$85/Non-Members**

\*Registration fee includes shirt.

\*15% of program fee will be non-refundable should the registration be cancelled by the registrant.

\*\$10 fee for returned payments

## WELCOME TO ALL

**Financial Assistance** is available to those who apply and qualify. Annual Support Campaign Funds are raised each year to help provide this program to the community. Please ask for a financial assistance form at the front or download and print from our website.

## WAYS TO REGISTER:

At the Harrison Family YMCA

Online at [www.harrisonfamilyy.org](http://www.harrisonfamilyy.org)

By Mail- Send form & payment to:

Harrison Family YMCA

Attn: Girls on the Run

1000 Independence Drive

Rocky Mount, NC 27804

## MAKE A DIFFERENCE IN YOUR COMMUNITY

If you are looking for a way to make a difference in your community as well as a way to advertise your business, consider sponsoring this program. Your contribution helps our program and our youth be as successful as possible. See separate sponsorship forms for details.

