



Girls on the Run Philadelphia – Fall 2017 Registration Form

Fall 2017 Registration opens on June 12th. Applications will not be accepted prior to then.

Thank you for registering for Girls on the Run Philadelphia! This application can also be easily completed online. If you would like to register online, please visit <http://www.gotrphiladelphia.org>.

GOTR Participant:

First Name: _____ **MI:** ____ **Last Name:** _____

Program Site: _____

Registrations are on a first come, first serve basis. The season culminates with the girls participating in the Girls on the Run 5K tentatively scheduled for December 2, 2017, at the Navy Yard. Participation in the 5K is strongly encouraged but not mandatory.

Participant Birth Date: __/__/____

Participant Grade: ____

Participant Age: ____

Please select the participant's t-shirt size:

- Youth Medium Adult X-Large
 Youth Large Adult 2XL
 Adult Small Adult 3XL

Adult Medium

How many previous seasons has your daughter participated in Girls on the Run? - Select One

- 0 1 2 3 4 5

Adult Large

The following information is collected for research purposes only. It will help us ensure that we are meeting the needs of all girls and also contribute to our ability to seek funding in support of the Girls on the Run program. Your response to these items will have absolutely no impact on participation in the program and will be shared on an aggregate basis only.

Race/Ethnicity (select all that apply):

- American Indian/Alaska Native Black/African-American
 Asian Prefer not to answer
 Native Hawaiian/Pacific Islander Hispanic/Latina
 White/Caucasian

Is your child eligible for free or reduced cost lunch at school?

- Yes
 No
 Prefer not to answer

Parent/Guardian responsible for participant - Please include the two best numbers to reach you during practice time:

First Name: _____ **MI:** ____ **Last Name:** _____

Street Address: _____

City: _____ **State:** ____ **Zip:** _____

Email Address (REQUIRED): _____

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Phone Number: _____ **2nd Phone Number:** _____

Relationship to Participant: _____

Emergency Contact: First Name: _____ **Last Name:** _____

Phone Number: _____ **2nd Phone Number:** _____

Relationship to Participant: _____

Transportation: Aside from the Parent/Guardian listed, is there anybody else authorized to pick up the participant? (If not, leave these fields blank)

1st Authorized Pick-Up Person:

First Name: _____ **MI:** ____ **Last Name:** _____

Phone Number: _____

Relationship to Participant: _____

2nd Authorized Pick-Up Person:

First Name: _____ **MI:** ____ **Last Name:** _____

Phone Number: _____

Relationship to Participant: _____

Does your daughter have permission to walk home? _____

Does your daughter attend an After-School Program that she will check in to after GOTR? _____

Transportation, Pick-Up and Walking Policy:

All guardians of participants are responsible for timely pick-up no later than 15 minutes upon completion of practice so that volunteers may also safely make their way home. Only guardians and those listed above are permitted to pick up a participant. If unforeseen circumstances arise and you believe you will be late, please be sure to contact the head coach for your site location. Failure to promptly pick-up a participant more than twice will result in the participant no longer being able to participate in the program.

Girls on the Run volunteers are NOT to transport any participant, outside of immediate family, in a vehicle when operating in the capacity of a volunteer (coach, council director, etc.). In the instance that transportation of a participant is unavoidable, Girls on the Run International requires that a signed letter from the custodial or legal guardians of the participant(s) is submitted to the Girls on the Run Council Director at least twenty-four (24) hours in advance. The letter should include an acknowledgment that the volunteer is no longer acting on behalf of Girls on the Run, and all liability of the council is waived.

Participants must be picked up by a legal guardian at the conclusion of all Girls on the Run activities, unless the participant has been identified as a "walker" through the school or site on a normal school day. If a participant has not been identified as a walker, they must be picked up by a legal guardian at the conclusion of all activities.

I agree to the Transportation, Pick-Up and Walking Policy

Attendance Policy:

Girls on the Run participants are expected to commit to coming to both lessons every week. Due to the importance of group dynamics and the experiential learning process of the Girls on the Run curriculum, girls who are absent for 4 or more

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lessons may be asked to leave the program. Please **DO NOT** register your girl if she has conflicting activities that would prevent her from being at Girls on the Run twice a week.

Refund Policy:

Girls on the Run Philadelphia will refund the full amount of the program fee minus a \$20 processing fee if a refund is requested prior to the start of the season. Once the program has started, a 50% refund will be provided if a refund is requested prior to the fourth lesson (second week of practice). No refund will be issued for any cancellations after the fourth lesson.

I agree to the Attendance and Refund Policies

Registration Fee:

The registration fee to participate in Girls on the Run is \$150 of which is due at the time of registration. This registration fee is truly "an investment of a lifetime" for your daughter or loved one. Each participant receives a season t-shirt, race registration, medal, healthy snacks, an end of season celebration, and lots of other surprises along the way. The fee also covers behind the scenes necessities such as liability insurance, trained coaches with CPR/first aid certification, background checks on all volunteers, curriculum, and lesson materials.

Financial Assistance:

Finances should never prevent a girl from participating. Financial assistance is available based on annual household income. If you would like to apply for financial assistance, please complete the separate Scholarship Application along with this registration form. Return the Scholarship Application, Registration Form, and appropriate registration fee to your Site Liaison. Girls on the Run Philadelphia will promptly review your application and will notify you of your approval status via the e-mail address or phone number provided. Payment of the registration fee is due at the time of registration to ensure the participant's spot at the desired site. For questions regarding this, please e-mail Colleen Kelly Howard at colleen.howard@girlsontherun.org.

Registration Payment:

Please note this Registration Form and the Scholarship Application can be easily completed online, where we accept Master Card, Visa, and American Express. Otherwise, please provide registration payment in the form of cash, check, or money order along with this completed form. **All checks should be made payable to Girls on the Run Philadelphia.** A \$20 fee will be assessed for returned checks. Please contact Colleen Kelly Howard to make any other payment arrangements: colleen.howard@girlsontherun.org.

If you qualify for financial assistance and have completed the Scholarship Application, please enter your appropriate registration fee, in accordance with your family's annual household income:

\$ _____

Would you like to make an additional donation to Girls on the Run?

\$10 could buy a race tee shirt and 5K medal,

\$25 could buy a girl in need a pair of shoes,

\$50 could buy snacks for six practices,

\$100 could buy T-Shirts for one team,

\$150 could sponsor a girl for one season.

Yes, I'll donate this amount \$ _____ Please include this amount in your final payment total. Thank you for your generosity!

Girls on the Run Waiver and Release:

I am the parent or legal guardian of a minor ("Participant/Volunteer"). I agree that the Participant/Volunteer may participate in the Girls on the Run program. The purpose of the program is to increase the Participant/Volunteer's activity/fitness level and self-esteem while at the same time teaching life skills that will be beneficial to the Participant/Volunteer as she enters middle school/adolescence. I understand that during the program, the Participant/Volunteer 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

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risks of the program, and in consideration for allowing the Participant/Volunteer to participate in the program, I hereby release, discharge and agree to hold harmless, and to indemnify Girls on the Run Philadelphia 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/Volunteer related directly or indirectly to the program (including without limitation the 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 Philadelphia, 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/Volunteer under the general or special supervision and on the advice of any physician or surgeon who may treat the Participant/Volunteer, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to the Participant/Volunteer by any health care professional who may treat the Participant/Volunteer. I agree to pay for any such treatment and to reimburse Girls on the Run Philadelphia 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/Volunteer or in which the Participant/Volunteer 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 that my daughter may complete a confidential survey at the beginning and conclusion of the program. The survey assesses thoughts, feelings, and behaviors related to physical activity, self, and peers. This information will enable councils to determine whether improvements have occurred over the course of the season. No names will be included on the surveys; rather, a code number will be assigned to each girl that will only be known by council contacts. Registration and survey information is shared with Girls on the Run International.

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/Volunteer 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/Volunteer's participation in the Girls on the Run program. I am the parent or legal guardian of the Participant/Volunteer, and this permission and release is binding on me and my executor, administrators and heirs.

Girls on the Run 5k: Registering for Girls on the Run automatically registers the participant for the Girls on the Run 5k tentatively scheduled for June 10, 2016. Additional information on this event will be provided as it is confirmed. Please read this authorization and check the box below to agree. (Participation in the 5K is strongly encouraged but not mandatory). By checking the box below, you agree to the following RACE AUTHORIZATION: I know that a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely participate in and compete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Girls on the Run Philadelphia, the Arthritis Foundation and all sponsors and their employees, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes.

I agree to the above waiver and Race Authorization on behalf of the participant.

Participant Parent/Guardian signature to agree to the waivers: _____

GOTR Participant Health Information:

Allergies: (please list any/all allergies Participant has experienced)

Medications: (please list any/all medications Participant is currently taking)

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Please list any special physical or medical problems the participant has: _____

Insurance Information:

Is the participant covered by insurance? Yes No
Insurance Carrier Name/Plan: _____ Name of Insured: _____
Relationship to Participant: _____
Group #: _____ Policy #: _____

Running Buddies:

All Girls on the Run participants will be paired with an adult Running Buddy. Running Buddies will run the end of season 5K alongside their girl, and are encouraged to motivate her throughout her season. Running Buddies can be men or women, must be at least 16 years old, donate their non-refundable 5K registration fee, and run or walk the 5K along with the girl! Running Buddies who are not legal guardians of a participant must also complete a background check. Running Buddies can either be selected by the participant and guardian, or can be selected for her from within our pool of enthusiastic volunteers. Please choose one of the options below:

Option 1:

Check here if you, or someone you know would like to be this participant's Running Buddy.

The Running Buddy will be contacted directly by GOTR with 5K registration information. Please complete the contact information below:

First Name: _____ **MI:** _____ **Last Name:** _____

Email Address (REQUIRED): _____

Phone Number: _____ **Age:** _____

Relationship to GOTR Participant: _____

Option 2: Check here if you would like us to select a Running Buddy for this participant from within our community of enthusiastic volunteers!

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/Volunteer, and this permission and release is binding on me and my executor, administrators and heirs.

Participant's Name: _____

Signed by the Parent or Guardian: _____ **Date:** __/__/____