

Girls on the Run®

Girls on the Run® was founded by Molly Barker in 1996. This nationally recognized, non-profit prevention program encourages preteen girls to develop self-respect and healthy lifestyles through running. The curriculum addresses all aspects of girls' development: physical, emotional, mental, social and spiritual well-being. It is an experiential learning program that combines training for a 3.2 mile running event with a curriculum that teaches specific and well-defined social and personal skills. Local programs are staffed by trained volunteers who serve as role models to the girls through coaching the 10 week, 20 lesson curriculum, culminating in a 5K run/walk experience.

Please join us for the
**Girls on the Run 5K ~
Van Buren/Cass Counties**

**This non-competitive, co-ed
run/walk winds
through beautiful, scenic Lawton.**

Packet Pick Up:
Friday, May 16, 2014
4:30—6:30 p.m.
Lawton Elementary School Lobby
100 Primary Way
Lawton, Michigan
and
Saturday, May 17, 2014
8:00—8:45 a.m.
Lawton High School Stadium
101 Blue Pride Dr.
Lawton, Michigan

**RUN/WALK 5K will begin
at 9:00 a.m. at
Lawton High School Stadium
Lawton, Michigan**

Registration Form (one form per participant)

First Name: _____

Last Name: _____

Street Address: _____

City and State: _____

Phone Number: _____

Email: _____

DOB (mm/dd/yy): _____

Name & phone number of emergency contact:

T-Shirt Preference:

Adult: S M L XL Youth: M L

(T-Shirt not guaranteed with late registration)

Mail completed registration form
with check payable to:
Van Buren/Cass Girls on the Run
57418 CR 681, Suite A
Hartford, MI 49057
Or register online at
www.active.com

Entry Fees

Early Registration Deadline May 1, 2014

- Early Registration-Individual \$ 25.00
- Early Registration-Family Rate \$ 60.00
- Late Registration-Individual \$ 30.00
- Late Registration-Family Rate \$ 70.00
- Children 5 yrs and under may participate for free but do require an entry form.
- SPONSOR A GIRL: \$100.00
Receive a complimentary registration when you sponsor a young girl to participate in the 10-week Girls on the Run® program.
- Other donation to Van Buren/Cass County Girls on the Run \$ _____
Total Enclosed: \$ _____

Please accept my entry in the Girls on the Run® 5K-Van Buren/Cass Counties. I state that I believe that I am physically fit for the event and waive any rights I may have against the committee members, volunteers, consultants or sponsors for damage or injuries incurred during my participation in the Girls on the Run® 5K-Van Buren/Cass Counties.

Signature

_____/_____
(Parent/guardian signature if athlete under 18) Date

2014 Girls on the Run® /

Girls on Track® Sites

Van Buren County

Covert Public Schools

Decatur Public Schools (GOT)

Gobles Public Schools

Hartford Public Schools (GOT)

Lawrence Public Schools

Lawton Public Schools (GOT)

Paw Paw Public Schools (GOT)

St. Mary School - Paw Paw

Trinity Lutheran School - Paw Paw

South Haven Public Schools

Cass County

Cassopolis Public Schools

Dowagiac Public Schools (GOT)

Edwardsburg Public Schools

Marcellus Public Schools (GOT)

Van Buren / Cass County

Girls on the Run®

For INFORMATION

contact Julie Bos at

(269) 621-3143, ext. 371

or email at jebos@vbcassdhd.org



Race Sponsors

Van Buren/Cass District Health Department

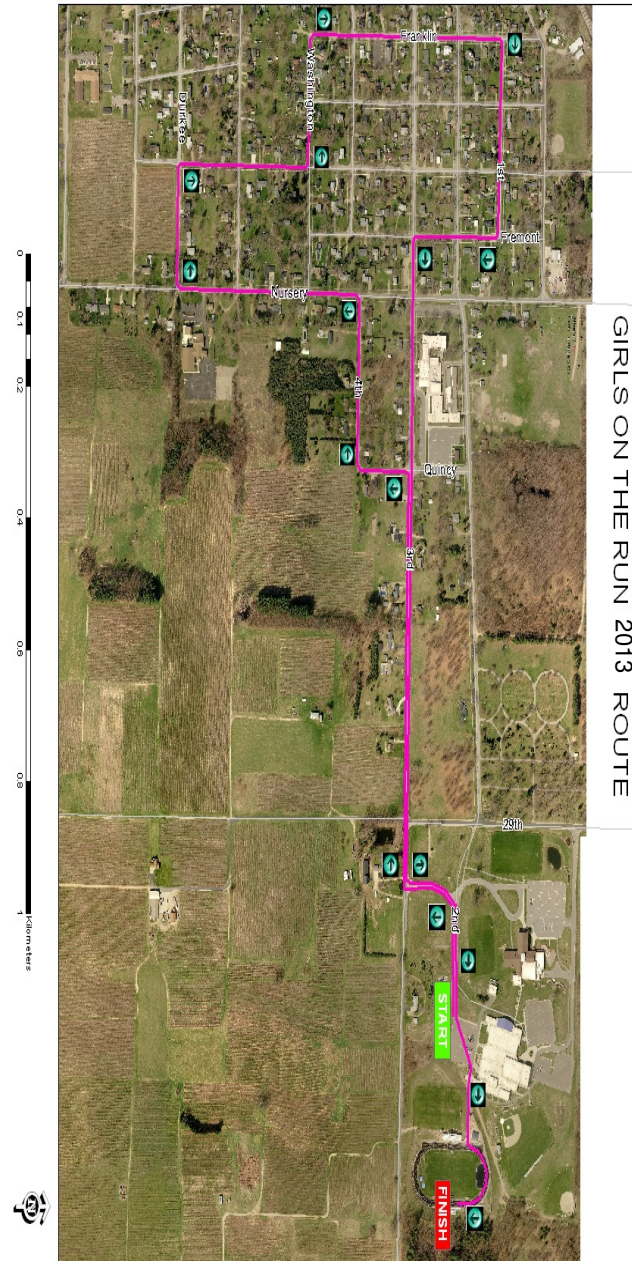
Honor Credit Union

Girls on the Run® National Race Series
Sponsored by:



The race will start at Lawton High School Stadium and finish around the stadium track. Refreshments will be available for all race participants. Concessions will be available for purchase for all family and community supporters.

Look for GOTR merchandise for sale as well!



GIRLS ON THE RUN 2013 ROUTE

**Saturday, May 17, 2014
9:00 a.m.
Lawton, Michigan**



presented by:

**Van Buren/Cass
Girls on the Run**

A Non-Competitive, Co-ed
Run/Walk