



Sponsored by:

Girls on the Run—a nationwide not-for profit program combining uplifting workouts and training for a 5K Fun Run with a self-esteem building curriculum.

For Girls in Grades 3-5 www.girlsontherunofmoco.org
Online/Paper Registration Begins Feb. 1st, 2010 for returning participants,
Feb. 15th, 2010 for new participants
Program begins the week of March 8th and runs through the of May 21, 2010
5K Fun Run Sunday May 23, 2010

Note: Program location/times are subject to change due to circumstances beyond the control of Girls on the Run of Montgomery County and its sponsors.

Site Location (from below list) _____
 Participant's Full Name _____
 Participant's Street Address _____
 Participant's City, ST, ZIP _____
 Participant's Date of Birth ____/____/____ Grade ____
 Participant's T-Shirt Size: Circle One YM YL AS AM AL AXL
 List Medical Concerns, Allergies _____

Parent/Guardian Name _____
 Home Phone _____
 Work Phone _____
 Cell Phone _____
 Email Address _____
 Emergency Contact _____
 Emergency Contact Phone _____

Fee: Please remit Check Payable to *Girls on the Run of Montgomery County*, 7604 Wheatcroft Ct. Bethesda, MD 20817

Fee Scale: \$153 regular fee or \$103 coach daughter fee **Scholarships available:** \$78 with copy of 2008-2009 or current FARMS eligibility form or \$13 for households with incomes <\$30,000 and copy of 2009-2010 FARMS eligibility form.

Arcola ES	Tues. 3:30-4:30pm Thursday 8-9am	Fields Road ES	Tues 7:30-8:30am Fridays 3:15-4:15pm	Rock Creek Forest ES	Tues: 3:45-5pm @ RCF Sundays: 4-5:15pm at SSIMS
Bethesda ES	Mon/Thurs 3:30-5pm	Highland ES	Tues./Thurs. 3:00-4:30pm	Rolling Terrace ES	Tues/Thurs 3:15-4:30pm
Beverly Farms ES	Tues 3-4pm Thursdays 7:45-8:45am	Highland View ES	Wed 3:45-5pm Fri. 7:45-9am	Ronald McNair ES	Tues 8:00-9:00am Fri 3:30-4:30pm
Bannockburn ES	Tues. 3:30-4pm @ Bannockburn Sun 4-5pm @ Whitman	Kensington Parkwood ES	Mon/Wed. 3:45-5:15pm	St. Patricks	Mon/Wed 3:15-4:15pm
Bradley Hills ES	Tues 7:30-8:30am Fri 3:15-4:30pm	Lakewood ES	Wed./Fri. 3:20-4:20pm	Somerset ES	Tues. 3:15-4:15pm Fri 7:30-8:30am
Brookhaven ES	Tues./Thurs. 3:15-4:15pm	Maryvale ES	Tues./Thurs. 8-9am	South Lake ES	Tues/Wed 3:15-4:30pm
Burning Tree ES	Wed./Fri. 7:45-8:45 am	Matsunaga ES Germantown	Wed 3:45-5pm Friday 8-9am	Stone Mill ES	Tues/Thurs 7:45-8:45am
Carderock ES	Mon./Thurs. 3:20-4:20pm	MJBHA	Tuesday 3:30- 4:30pm Sunday 2-3:30pm	Strawberry Knoll ES	Mon/Wed 3:30-4:30
Chevy Chase ES	Wed/Fri 7:30-8:40am	North Chevy Chase ES	Tues/Thurs 7:45-8:45am	Thurgood Marshall ES	Tues/Thurs 3:45-4:45pm
Christ Episcopal School	Mon./Wed 3:00-4:15pm	Oakland Terrace ES	Wed/Fri 8-9am	Travilah ES	Mon 8-9am Fri 3:30-4:30pm
Cresthaven ES	Tues/Thurs. 3:40-4:45	Oakview ES	Tues/Wed 3:10-4:25pm	Viers Mill ES	Tues./Thurs. 3:10-4:10pm
Daly ES	Tues. 3:30-4:30pm Fri: 7:45-9am	Our Lady Of Mercy	Mon/Thurs 3:15-4:30pm	Wheaton Woods ES	Tues or Wed. 3:45-5:15pm Fri 8-8:45am
Darnestown ES	Mon/Thurs 3:30pm-4:45pm or Mon/Fri 3:30-4:30	Poolesville ES	Tues./Thurs. 3:15-4:15 pm	Wood Acres ES	Tues. 7:30-8:30am Fri. 3:15-4:15
Dufief ES	Tues/Thurs. 7:30-8:30am	Potomac ES	Mon/Wed 8-9am	Woodfield ES	Wed 7:30- 8:30 Friday 3:15-4:15
				Wyngate ES	Tues 7:45-8:45am Fri 3:15-4:30pm

Please Initial Here to Agree to Waivers Below _____

Parent or guardian assumes all risks associated with minor's participation in Girls on the Run of Montgomery County, "GOTR MOCO". GOTR MOCO assumes no liability for injury or damages arising from participation in GOTR MOCO. Due to the strenuous nature of some activities, GOTR MOCO encourages each participant to consult his or her physician concerning fitness to participate in the program. Parent or guardian approves minor's participation in the program. Parent or guardian consents to emergency treatment, and GOTR MOCO's use of any photographs taken or video tapes made of the program. Neither the coaches nor any of the staff are responsible for children prior to or after the scheduled program. I also understand that, on occasion, coaches may lead participants on training runs on sidewalks outside the boundary of the site. I understand that one aspect of the GOTR MOCO program is training for and participation in a road race. I understand that a road race is a potentially hazardous activity and that participants should not run in a road race unless they are medically able and have completed the training program. I agree to abide by any decision of a coach or race official concerning my child or ward's ability to complete the road race safely. In addition, I acknowledge the risks associated with running in a road race including but not limited to the following: falls, contact with other participants, the effects of the weather (including but not limited to snow, ice, heat or humidity), traffic and the conditions of the road, all such risks being known and appreciated by each participant and the parent or guardian of each participant. I acknowledge these risks and represent that, to the best of my knowledge, there are no reasons why my child or ward should not participate in the GOTR MOCO road race.

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school.