

APPLICATION FOR BECOMING A SITE FOR GIRLS ON THE RUN®



Life...run with it!

Application must be received no later than August 1st for Fall Season and January 1st for the Spring Season.

Basic Site Information

SITE: _____ (if school, affiliated with what school district? _____)

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE: _____ FAX: _____

Site Liaison Information

The Site Liaison's role includes assuring the smooth implementation of the program by securing appropriate training space and serving as a link between coaches, participants and parents (see attached Liaison Role Description for additional details).

LIAISON NAME: _____ TITLE/ROLE: _____

LIAISON PHONE #: _____ EMAIL (REQUIRED): _____

Readiness to Participate Criteria

While Girls on the Run® provides almost everything needed to run the program, the site is required to provide the following:

- Provide a Site Liaison (see attached role description)
- Provide a safe, dedicated space for running. **THIS IS ESSENTIAL.** This does not have to be a track. A field is fine. However, there is a need to measure off part of the area for occasions when lessons require running a certain distance, e.g. 1 mile, 5K, etc.

Briefly describe the available running area: _____

- Provide a rain site. Indoor, private, preferably a gym reserved for GOTR® and **NOT** in conflict with other programs.

Briefly describe the available indoor space: _____

- Determine plan for identifying participants.
- Identify participants. Distribute registration forms to 3rd through 5th grade girls.

Briefly describe your recruiting and selection criteria (1st-come/1st-served, lottery, etc.) **AND how many copies** of the GOTR participant registration forms you would like to receive:

- If multiple teams are formed, assign coaches and participants to teams. Teams should include blend of ALL THREE grades as much as possible.

Readiness to Participate Criteria, continued

- Provide two coaching candidates per team for your site. Please list below two coaching candidates – list additional coaches on the back of this sheet, if applicable. Each coach will be required to attend one day of Girls on the Run® training on a select date in the summer of 2008 and become 1st Aid and CPR certified. Coaches must be available two afternoons per week August 28 through November 22 (these dates are subject to slight adjustments).

COACH CANDIDATE NAME: _____
CONTACT INFORMATION: Phone # _____ Email: _____

COACH CANDIDATE NAME: _____
CONTACT INFORMATION: Phone # _____ Email: _____

Please have school principal or site director sign below indicating his/her acknowledgement and awareness that GOTR will be delivered at your site: _____

- Secure storage area for shoes, snacks, etc.
If storage space is available, please describe area and how it will be accessed: _____

Team/Practice Information

Would your site like to be considered for more than one team (up to 15 girls)? _____
If yes, how many teams of 15 girls can your site accommodate (considering practice facilities)? _____
Please choose two days per week and the time the participants will meet for 1 1/4 hours per day.

Team 1 - Days: _____ Time (i.e., 3-4:30 p.m.): _____
Team 2 - Days: _____ Time (i.e., 3-4:30 p.m.): _____
Team 3 - Days: _____ Time (i.e., 3-4:30 p.m.): _____

Program Fees

Participants of Girls on the Run® and their families choose a program fee ranging from \$0 to \$125. Girls participate equally in the program regardless of the fee their family selects. The actual out of pocket cost to the GOTR program is approximately \$165 per girl for the twice per week, twelve week program. This \$165 covers the full cost of one child's participation. The following scale is provided for families to choose what they believe they can afford, with the realization that by contributing as much as they can afford, families are helping realize the vision for all girls to participate. Families who have the ability to and are interested in supporting the program beyond the \$125 will have an opportunity to sponsor additional girls as well on the participant registration form.

Level I	Greater than \$70,000	\$125
Level II	\$45,001-\$70,000	\$100
Level III	\$25,001-\$40,000	\$75
Level IV	\$10,001-\$25,000	\$50
Level V	Less than \$10,000	\$25

Included in the fee price are:

- ✓ 24 lessons conducted by two certified GOTR® Coaches
- ✓ a water bottle
- ✓ participation in the 5K Celebration Event
- ✓ healthy snacks
- ✓ official GOTR T-shirt

FAX or MAIL application by DEADLINE to:
Girls on the Run of Greater Lynchburg
922 Main Street, Suite #1, Lynchburg, VA 24504-1608
Fax: 434-846-4141

Please direct any questions you may have to Mary Hansen, 434-607-2024 or
gotrgreaterlynchburg@comcast.net