



Dear Murray Lake Family,

Girls on the Run is a physical activity-based positive youth development program designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Girls in the 3rd-5th grades combine training for a 5k running event with healthy living education. Our program instills self-esteem through health education, life skills development, mentoring relationships, and physical training - all of which are accomplished through an active collaboration with girls and their parents, schools, volunteers, staff, and the community.

The program is taught in elementary and middle schools, corporations, and community centers around the Kent County area and meets twice a week for 11 weeks. Each hour and a half session is led by specially trained volunteer coaches and includes lessons dealing with issues such as body image, negative self-talk, resisting peer pressure, gratitude, gossip, nutrition, substance abuse, making healthy decisions and contributing to the community. Running 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 11-week session, the girls participate in a celebratory, non-competitive Kent County Girls on the Run 5k event.

Each team has between 8-15 girls. Because much of our curriculum is related to team building and group dynamics, fewer than 8 girls may make it difficult to provide the experience we want to offer to the girls.

Additional girls above the maximum of 15 will either be put on a wait list. KCGOTR is allowing Murray Lake to participate in the early registration so that Gazelle will come to us during school hours and fit our girls for shoes in mid-December. You are able to register your daughter

at <https://www.raceplanner.com/register/index/KCGOTR-2016>

or www.kcgotr.org as of today. **Registration closes on December 2, 2015.**

In an effort to make the program accessible, program registration is **not** first-come, first-served. In the event that there are more girls interested in participating at a particular site than available spots, Kent County Girls on the Run will use a lottery system randomly selecting girls to form a team.

Please check your calendars and make sure your daughters will be able to attend every meeting before you register. If your daughter misses more than 4 meeting they are asked to leave the program. This is not my rule but a national rule. Please review the attached document KCGOTR Program Policies 2015/2016 before registering as well. Parents when you register

your daughter make sure you chose the MURRAY LAKE team for your daughter. Once you have completed the online registration, you will receive a confirmation email. **This email does not guarantee a spot for your girl;** it confirms that your registration has been received. Your credit card will only be charged if your daughter enters the program. Once the lottery is done you will be notified by GOTR of your daughter's status.

Registration costs \$120 per child. There are scholarships available based on a sliding scale with the minimum amount being \$10. When you register your daughter there will be a series of questions that determine what they ask you to pay at the end. If this amount is still too high there is a spot where you can enter what you can afford. They will NOT turn any child away due to the amount that parents are able to pay.

We invite your daughter to join us at **Murray Lake** for the 2016 Girls on the Run season. The season starts on **March 1, 2016** and the Celebratory 5k takes place on May 21, 2016. Practices will be held on **Tuesdays** and **Thursdays** right after school and we will meet in the **Gymnasium**.

If you are interested in coaching or being a Practice partner please contact Josie for more information.

If you have any questions, please feel free to contact the Site Liaison Josie Anstett-Fredricks at **616-648-5480** or **josephineanst@yahoo.com**

Thank you and we hope to welcome your daughter to Kent County Girls on the Run!

