

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 life-styles through running. The curricula 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 3.1 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, 21 lesson curricula, culminating in a 5K run/walk experience.

Please join us for the
Van Buren/Cass County Celebration
Girls on the Run/Walk 5K.

This non-competitive **girls and women only 5K** winds through beautiful South Haven.

Packet Pick Up:

Friday, June 1, 2007

4:00—8:00 p.m.

Café Julia

561 Huron Street

South Haven, Michigan

and

Saturday, June 2, 2007

7:30—8:15 a.m.

South Haven City Pavilion

South Haven, Michigan

RUN/WALK EVENT will begin

at 8:30 a.m. at South Haven

City Pavilion on Huron St.

South Haven, Michigan

Registration Form

(one form per athlete)

First Name: _____

Last Name: _____

Street Address: _____

City and State: _____

Phone Number: _____

DOB (mm/dd/yy): _____

Name & phone number of emergency contact: _____

T-Shirt Preference:

Adult: S M L XL

Youth: S M L

(T-Shirt not guaranteed with late registration)

Mail completed registration form

with check payable to:

Van Buren/Cass District

Health Department/VBCGOTR

801 Hazen St., Suite B

Paw Paw, MI 49079

Entry Fees

Early Registration Deadline May 2, 2007

Early Registration \$ 17.00

Late Registration \$ 20.00

SPONSOR A GIRL: 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 \$ _____

County Girls on the Run

Total Enclosed: \$ _____

Please accept my entry in the Girls on the Run® Celebration Run/Walk Event. 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 occurred during my participation in the 2007 Van Buren/Cass Girls on the Run Celebration Run/Walk 5K.

Signature _____

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

2007 Girls on the Run® Sites

Van Buren County

Bloomington Public Schools

Covert Public Schools

Decatur Public Schools

Gobles Public Schools

Hartford Public Schools

Lawrence Public Schools

Lawton Public Schools

Paw Paw Public Schools

South Haven Public Schools

Cass County

Marcellus Public Schools

Van Buren / Cass County

Girls on the Run®

For INFORMATION

call Julie Bos at 657-5596, ext. 3252

or email at jebos@vbcassdhd.org

Race Sponsors

Van Buren / Cass District
Health Department

Girls on the Run® National Race Series
Sponsored by:

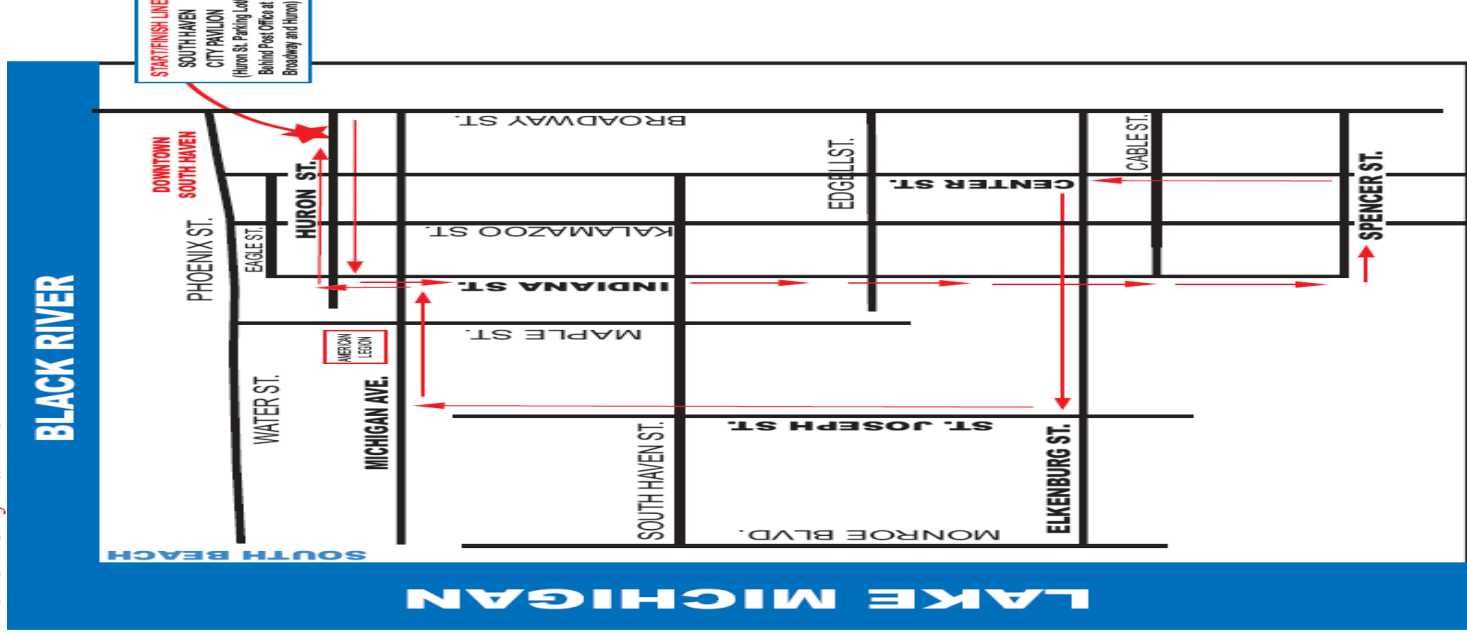


new balance



Before Race: Meet coaches at South Haven City Pavilion

After Race: Refreshments/Awards Ceremony at South Haven City Pavilion



Saturday, June 2, 2007
8:30 a.m.
South Haven, Michigan

Van Buren / Cass Girls on the Run®

Celebration 5K Run / Walk

Noncompetitive

An all "girls" event

