



Girls on the Run of Puget Sound Participant Application

Participant Information

Program Location (School/Site): _____

Girl's Name: _____

Birth Date: _____ Age: _____ Grade: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

How did you hear about us? _____

Participant T-shirt size (please check one): Youth Medium (10-12) Youth Large (14-16) Adult Small
 Adult Medium Adult Large Adult Extra Large

Has your child participated in Girls on the Run before? Yes No. If yes, number of times: _____

Race (for demographic purposes only):

Caucasian Black/African American American Indian or Alaskan Native Asian Hispanic Pacific Islander Multi-Racial Other: _____

What is the primary language spoken in your household?

English Spanish Vietnamese Somali Russian Ukrainian Chinese Japanese
 Korean Other: _____

Walk Home Authorization: By signing my name below, I grant permission for my program participant to walk home from Girls on the Run. I understand that Girls on the Run is not responsible for my program participant after practice ends each day. Yes No

Note: Walk home permission is not required for program participation.

Parent/Guardian Signature: _____ Date: _____

After-School Program: Will your participant go to an After-School Program after Girls on the Run? Yes No

By signing my name below, I grant permission for my program participant to go to her After-School Program after Girls on the Run.

Parent/Guardian Signature: _____ Date: _____

Insurance Information:

Is your child covered by health insurance? Yes No Insurance Company: _____

Health Information:

Allergies (please list all allergies and reactions child has experienced and whether or not an Epi-Pen is necessary):

Medications (please list all medications child is currently taking including need for an inhaler): _____

Additional behavioral or medical information that is helpful for us to know:

Note: If use of an EpiPen or inhaler are noted above, child must have the necessary device with them during all program sessions and at the 5K in order to participate.



Parent/Guardian Information

Parent/Guardian #1 Name: _____ **Primary Phone:** _____

Email: _____ **Alternate Phone:** _____

Communication preference: Phone Call Text Email

Parent/Guardian #2 Name: _____ **Primary Phone:** _____

Email: _____ **Alternate:** _____

Communication preference: Phone Call Text Email

Emergency Contacts: People listed below will be contacted after efforts to reach parent/guardians have failed.

1. Emergency Contact Name: _____ **Primary Phone:** _____

Relation to Participant: _____ **Alternate Phone:** _____

2. Emergency Contact Name: _____ **Primary:** _____

Relation to Participant: _____ **Alternate Phone:** _____

Pick Up Authorization: We care about the safety of our participants. For this reason, we ask that you list all individuals *besides* parent/guardians who are authorized to pick up your program participant from Girls on the Run. **Your program participant will only be released to people on this list.**

Name: _____ **Relationship:** _____ **Phone:** _____

Name: _____ **Relationship:** _____ **Phone:** _____

Program Fee

The cost of the 10-week Girls on the Run program is \$200. To ensure the program is accessible to all girls, we offer financial aid based on a sliding scale. Girls on the Run believes a strong sense of ownership is developed when recipients of financial aid contribute toward their involvement. All applicants are asked to contribute a minimum fee of \$25.

Girls on the Run of Puget Sound will never turn any participant away based on inability to pay. If you require fee assistance beyond what our financial aid program offers, please contact Katie Glenn at Katie@girlsrun.org or call us at 206-528-2118.

Please refer to the sliding scale below to determine what is a comfortable contribution for your family.

# of family members in household	Annual Income			
	\$0 - \$34,000	\$34,001 - \$50,999	\$51,000 – 67,999	\$68,000 +
2	\$0 - \$38,000	\$38,001 - \$56,999	\$57,000 – 75,999	\$76,000 +
3	\$0 - \$42,000	\$42,001 - \$62,999	\$63,000 – 83,999	\$84,000 +
4	\$0 - \$45,500	\$45,501 - \$68,499	\$68,500 – 90,999	\$91,000 +
5	\$0 - \$49,000	\$49,001 - \$73,499	\$73,500 – 97,999	\$98,000 +
6	\$0 - \$52,000	\$52,001 - \$77,999	\$78,000 – 103,999	\$104,000 +
7	\$0 - \$55,500	\$55,501 - \$82,999	\$83,000 – 109,999	\$111,000 +
8				
Registration Fee	\$25	\$75	\$145	\$200

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The fee includes a GOTR t-shirt, 5K registration, a finisher medal, healthy snacks, a water bottle, a Grown-up Guide for Parents, and a lifetime of confidence!

- I am able to pay a registration fee in the amount of \$ _____
- I am able to pay the minimum fee of \$25
- I would like to donate \$ _____ in addition to my program participant's registration fee to make Girls on the Run accessible for all girls.

***If you need further financial assistance, please contact us at 206-528-2118.**

Parent/Guardian Authorization:

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name (please print): _____

By signing above, I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain substantial rights that I and participant may have or possess against Girls on the Run. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement. I have fully read the above permissions and releases, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to the Participant's participation in the Girls on the Run program. I am the parent or legal guardian of the Participant, and this permission and release is binding on me and my executor, administrators and heirs.

Program Waiver: I am the parent or legal guardian of _____, a minor ("Participant"). I agree that the Participant may participate in the Girls on the Run program. The purpose of the program is to increase the Participant's activity/fitness level and self-esteem while at the same time teaching life skills that will be beneficial to the Participant as she enters middle school/adolescence. I understand that during the program, the Participant will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks of the program, and in consideration for allowing the Participant to participate in the program, I hereby release, discharge and agree to hold harmless, and to indemnify each Girls on the Run of Puget Sound and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me or the Participant related directly or indirectly to the program (including without limitation the 5k race), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

Medical Release: In addition, I hereby authorize Girls on the Run of Puget Sound, if after a reasonable attempt has been made to reach a parent, guardian or emergency contact to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the Participant under the general or special supervision and on the advice of any physician or surgeon who may treat the Participant. I agree to pay for any such treatment and to reimburse Girls on the Run of Puget Sound for all costs and expenses it may incur related to such treatment.

Girls on the Run 5k Waiver: I know that running a road race or participating in an organized walking event, regardless of the distance, includes an element of risk and is potentially hazardous. The Participant should not enter and participate in the Girls on the Run 5k (hereinafter "this event") unless the Participant is medically able and properly trained. I agree to abide by any decision of an event official relative to the Participant's ability to complete this event safely, and I further agree that event officials may authorize necessary emergency treatment for the Participant. I also understand that, although adult supervision will be provided, both vehicle traffic and spectators may be present along the course, and the Participant assumes the risk of participating under such conditions. I further assume any and all other risks associated with participating in this event for the Participant including, but not limited to, illness, traveling to and from the event, falls, contact with spectators or other participants, the effects of the weather (including temperature extremes and humidity), and the surface condition of the roads and sidewalks, all such risks being understood and appreciated by me and the Participant. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge all subsidiaries, affiliates, assigns, representatives, and successors of the foregoing: Girls on the Run of Puget Sound, Inc., and the City of Seattle, event officials, volunteers, and any and all other sponsors, suppliers, agents, independent contractors, employees, and any other personnel in any way assisting or connected with this event from any and all claim or liability on the part of the persons or parties named in this waiver arising out of my participation in this event. I also understand and agree that any sponsor may subsequently

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use, for publicity or promotional purposes, the Participant's name or pictures of the Participant participating in this event without liability or obligation to me or the Participant.

Photo/Video/Media Release: I give my consent for Girls on the Run of Puget Sound or its business associates (such as advertising or public relations agencies) to make, use and/or release any interviews, photographs, videos, movies or other images of the Participant created under this authorization for educational, publicity, or marketing purposes; and to use the Participant's name in connection therewith. Educational, publicity, or marketing purposes include use in or release to newspapers, radio, Web sites, video, other electronic media, print media, advertising, brochures or other material available to Girls on the Run of Puget Sound members or the general public. I understand that myself or the Participant will not be paid in any way, nor will Girls on the Run of Puget Sound, for using this material. I give consent for the Participant to be interviewed and/or photographed by a Girls on the Run of Puget Sound approved third party (such as newspaper or TV station). I understand that Girls on the Run of Puget Sound does not control the use of the Participant's interview or image by a third party (such as newspaper or TV station) and once the participant gives an interview or have her picture taken privacy laws may no longer protect it. For example, Girls on the Run of Puget Sound does not control how reporters use the information given to them in an interview.

Note: Agreement with this is not a requirement for participation.

Initial here if you do not give Girls on the Run of Puget Sound permission for photo/video/media release. Initial: _____

Submit this application along with payment to the site liaison

GOTR Office Use Only

- Form complete
- Application Accepted
- Payment processed
- Entered into database