



# GIRLS ON THE RUN FALL 2017 REGISTRATION

## WHAT IS GIRLS ON THE RUN?

Girls on the Run is a life-changing character development program for girls in 3rd-5th grade. The program combines lessons intended to enhance self-esteem, promote positive and useful problem-solving strategies, and foster healthy relationships with developmentally-appropriate training for a 5k event. In GOTR, girls learn to stretch themselves physically, mentally, socially and emotionally. They aspire to achieve their limitless potential!

## FALL 2017 SEASON DATES

The Fall season runs from Sept. 25th to Dec. 7th. The end of season 5k is Dec. 8th.

## WAKEFIELD ELEMENTARY

**Mondays and Thursdays from 4:15pm - 5:45pm**

Contact: Deana Bagley at [dbagley@wcpss.net](mailto:dbagley@wcpss.net).

**98%** of parents/guardians believe that participating in GOTR was a valuable and enjoyable experience for their GOTR girl.

*"The curriculum was incredible. It was thoughts, lessons, and social interaction around ideas of self, self-talk, positive thinking, health, acceptance, etc! Great stuff." - GOTR Parent, 2017*

SCHOLARSHIPS AVAILABLE AT ALL LOCATIONS! **REGISTRATION OPENS 8/29:**

**[WWW.GOTRTRIANGLE.ORG/REGISTER](http://WWW.GOTRTRIANGLE.ORG/REGISTER)**



# MEASURING THE VALUE OF GIRLS ON THE RUN

## SOME SCHOOL ACTIVITIES ARE FREE. WHY IS THERE A FEE FOR GOTR?

Although we typically bring Girls on the Run right to your school, Girls on the Run is an independent, nonprofit organization – **not a school-sponsored activity**. We depend on registration fees, along with support from individual donors, corporate sponsors, PTO/PTSA's, and local foundations to make GOTR a high-quality experience for your daughter.

## WHAT DOES THE REGISTRATION FEE INCLUDE?

- Twenty 90-minute lessons led by trained Girls on the Run coaches
- An official GOTR t-shirt and water bottle
- Registration for the GOTR 5k celebration
- A 5k finisher's medal
- All program materials, handouts, lap counters and stickers
- Facility use fees
- Ensure participant safety with liability insurance, and background checks for every volunteer
- CPR/First Aid training for coaches
- Recruit, train and retain high-quality coaches and staff
- Pay licensing fees to utilize a fun, unique and research-based curriculum
- Ensure that ALL girls have a chance to participate despite financial ability

**Girls on the Run is for every girl. Since our inception, we have NEVER turned a girl away based on her inability to pay the registration fee. About 1 in 3 GOTR participants receive full or partial scholarship to participate in our program.**

## HOW DOES GOTR COMPARE?

Girls on the Run is a positive-youth development program which offers enriching activities similar to club sports or group lessons.

Piano/Violin: (20 half-hour lessons)	\$525*
Dance Lessons: (16 90-minute lessons)	\$415*
After-school care: (20 Days)	\$370*
Gymnastics: (20 1-hour classes)	\$300*
Ice Skating: (20 half-hour lessons)	\$260*
<b>Girls on the Run: (20 90 minute lessons)</b>	Sliding scale from \$20-\$205 with no girl ever turned away
Soccer: (1 season of U10)	\$175*
Little League Softball: (1 season of U10)	\$115*

*\*Every activity except GOTR requires additional purchase of equipment (cleats, uniform, leotard, etc.)*