



GIRLS ON THE RUN

SPRING 2019

WHAT IS GIRLS ON THE RUN?

Girls on the Run of the Triangle is a physical activity, positive youth development program designed to enhance girls' social, psychological and physical competencies to successfully navigate life experiences. Our mission is to create a world full of joyful, healthy and confident girls acting on their values and opportunities. We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

SPRING 2019 SEASON DATES

The season runs from the week of February 4th through the week of April 22nd. The GOTR 5k will be held Saturday, April 27th. **Registration opens January 4th at 10:00am.**

LEESVILLE ROAD ELEMENTARY

Team: T/Th 4:00-5:15pm

Contact: Mandy Peters
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98% of parents/guardians believe that participating in GOTR was a valuable and enjoyable experience for their 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

SCHOLARSHIPS AVAILABLE AT ALL LOCATIONS!

WWW.GOTRTRIANGLE.ORG





MEASURING THE VALUE OF GIRLS ON THE RUN:

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

Girls on the Run is a 501(c)3 nonprofit organization - **not a school-sponsored activity**. We rely on registration fees, coupled with the support of our generous donors, corporate sponsors, PTO/PTSAs, and local foundations to bring our life-changing character development program to life.

SCHOLARSHIPS AVAILABLE AT ALL LOCATIONS!

WHAT DOES THE REGISTRATION FEE INCLUDE?

- Twenty 75-minute lessons led by fully trained Girls on the Run volunteer coaches
- An official GOTR t-shirt and water bottle
- Registration for the GOTR 5k celebration event
- A 5k finisher's medal
- All program materials and handouts
- All fees associated with usage of school and community sites
- Liability insurance and background checks for every volunteer to ensure participant safety
- CPR/First Aid training for all coaches
- Funding to recruit, train, and retain high-quality coaches and staff
- Licensing fees to utilize the Girls on the Run curriculum
- Scholarship funding to ensure that ALL girls have the opportunity to participate regardless of financial ability

Girls on the Run is for every girl. Since our inception in 2000, we have NEVER denied a girl the opportunity to participate for financial reasons. One in three GOTR participants receives full or partial scholarship assistance 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: (16, 90-minute lessons)	\$415*
After-school care: (20 days)	\$370*
Gymnastics: (20 1-hour classes)	\$300*
Ice Skating: (20 half-hour lessons)	\$260*
Girls on the Run: (20, 75-minute lessons)	Sliding scale from \$20 - \$205 so every girl can participate
Soccer: (1 season of U10)	\$175*
Girls Softball: (1 season of U10)	\$115*

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