



GIRLS ON THE RUN IS

so much fun

\*AFTER SCHOOL \*10 WEEKS \*MEET 2X A WEEK FOR 90 MINS \*3rd-5th GRADES \*5K CELEBRATION \*FUN GAMES \*MAKE NEW FRIENDS \*

## About the Program

Girls on the Run is an after school program which inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Our **ten-week** program is designed for girls in grades **3-5**.

Lessons are led by trained volunteer coaches who guide and mentor the girls through an uplifting curriculum that focuses on life-long skills to improve emotional and physical health. The program culminates in a non-competitive 5k which gives the girls a chance to shine and an overwhelming sense of accomplishment.

The 10 week curriculum offers lessons that specifically address some of the issues that will arise during elementary school. Teams of 8-15 girls will engage in in-depth, age appropriate discussions regarding topics such as bullying and gossiping, making healthy choices, keeping promises and self confidence!

## Registration

To register, visit [WWW.GOTROAC.ORG](http://WWW.GOTROAC.ORG) and click on the 'Register Now' tab!

*Registration opens:* November 1st, 2017 at 9:00am

*Registration closes:* November 30th, 2017 at midnight

\*Late registrations are only available on teams with available space\*

\*TEAM SIZE IS LIMITED\*

See the reverse side of this flyer for more information

### \*\*\*\*ADULT VOLUNTEERS NEEDED\*\*\*\*

Did you know that each team needs 2 volunteer coaches? If you are interested in coaching, please visit our website and click on the 'coach' tab!

Featuring a Brand NEW curriculum!

## Important Dates

**Registration begins in November for the Spring 2018 season!**

- **Program start up is in early March!**
- **Celebration 5k on June 1st & 2nd!**

## Why Girls on the Run Matters

Girls today sort through countless messages about their worth, their image and their abilities. Girls on the Run helps empower them to be the author of their own story and define the future on their own terms. No limits, no constraints. Only opportunities to be remarkable!



All shapes, sizes and abilities are  
celebrated & welcome



# Spring 2018 Registration and Scholarship Information



There are two ways to register for the program. Families may choose to register online, or at an open house.

Team size is limited to 15 girls. In the event that more girls register for a team than there are spots available, **GOTR will use a lottery system to randomly select girls to form a team.**

## Registration Cost & Scholarships:

The cost of the Girls on the Run program is \$120 per girl for the twice per week, ten week program. This fee covers the full cost of one girl's participation which includes: a new pair of Asics Running shoes, 20 lessons conducted by two certified GOTR coaches, an official Girls on the Run event t-shirt, participation in the 5K Celebration Run/Walk, a water bottle and a practice t-shirt. A family that can afford to pay the \$120 fee is asked to pay the full amount. **Payment plans** are available.

## SCHOLARSHIPS:

Participants of Girls on the Run and their families who are not financially able to pay the \$120 fee may request a scholarship. We depend on the honesty and integrity of each family to contribute as much as they can afford toward the full registration fee so our limited scholarship dollars will reach as many girls as possible.

Families requesting a scholarship do so during the registration process online or at an open house.

**\*We want all families to know that there are scholarships available and no girl is turned away from the program due to an inability to pay\***

You can register online OR at an open house. If you register online, you do *not* need to attend a open house.

To register online, visit [WWW.GOTROAC.ORG](http://WWW.GOTROAC.ORG) and click on the 'Register Now' tab!

# Open House Dates

11/1/17	Jefferson Elementary - 282 W 30th St . Holland	3:00pm-5:00pm
11/2/17	Fennville Elementary- 5 W. Memorial Dr. Fennville	2:45pm-4:00pm
11/4/17	Center for Women in Transition- 411 Butternut Dr. Holland	9:00am-12noon
11/8/17	Coopersville South Elementary- 198 East St. Coopersville	3:30pm-6:00pm
11/14/17	Center for Women in Transition- 411 Butternut Dr. Holland	4:00pm-6:00pm
11/16/17	Pine Creek Elementary- 1184 136th Ave. Holland	5:30-6:30pm
11/18/17	Center for Women in Transition-411 Butternut Dr. Holland	9:00am-12noon
11/21/17	Center for Women in Transition-300 N Ferry St. Grand Haven	3:30pm-6:00pm

\*If school is closed due to weather, the open house will be cancelled and rescheduled\*  
Please check our website for the most up to date information!

**inspiring girls to be** Girls on the Run of Ottawa and Allegan Counties  
**healthy & confident**

[www.gotroac.org](http://www.gotroac.org) [www.facebook.com/gotroac](http://www.facebook.com/gotroac)

616-494-1719

