

girls on the run

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WHAT IS GIRLS ON THE RUN?

Girls on the Run (GOTR) inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum, which creatively integrates running! GOTR is a curriculum based, after-school character development program designed for 3rd-5th grade girls of all fitness and ability levels. The program is 10 weeks and the curriculum inspires each girl to find and stay true to her real self! Groups of 8 to 15 girls meet twice a week with our trained volunteer coaches to discuss important life lessons while playing fun running games. GOTR emphasizes independent thinking, making healthy choices, positive group dynamics and problems solving!

YouTube "Girls on the Run Overview" for a helpful video from past participants, or scan the QR code above.

WHEN WILL IT BEGIN?

We'll start GOTR at the end of February. All practices will be at Heritage. It will last until the culminating 5K on May 11. We will meet twice a week. We won't meet during Spring Break.

WHAT DAYS? WHAT TIME?

Right now, we're planning on meeting on Tuesdays and Thursdays. This may change if other days work best for the majority. The girls will come to the third grade pod immediately following the bell. They'll have snack, change clothes and get ready.

We'll end at about 5:15. Girls will need to be picked up no later than 5:20.

WHAT TYPICALLY HAPPENS AT PRACTICE?

3:40-4:00: Snack, change, fill water bottles, etc.

10 minute intro

5 minute stretch

10-20 minute activity

20-30 minutes running

10 minute wrap-up

HOW MUCH DOES IT COST?

The suggested cost is \$150, HOWEVER, no girl is ever turned away. Payment is on a sliding scale – you pay what you can. The price for the girls includes:

- 20 lessons
- New pair of running shoes from Red Coyote (parents take girls to get fitted)
- GOTR shirt
- GOTR water bottle
- 5k entry
- GOTR jersey for 5k

WHAT DO PARENTS HAVE TO DO?

- Take your daughter to get fitted for shoes
- Make sure to pick up your child on time.
- Rotate sending in snack for the girls.
- You, or another adult, must be a running buddy for your child during the 5k. Each child has a running buddy because the group tends to get split up during the 5k and we have to make sure each child is safe with an adult.

HOW DO I SIGN UP MY DAUGHTER?

Go to → gotrcentralok.org → register now →
spring 2019 program registration
(or scan the QR code)

