



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, gossiping, making healthy choices, keeping promises and self confidence!

Registration

To register, visit WWW.GOTROAC.ORG and click on the 'Register Now' tab!

Registration opens: November 1st, 2018 at 9:00am

Registration closes: November 30th, 2018 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!

Important Dates

Registration begins in November for the Spring 2019 season!

- **Program start up is in early March!**
- **Celebration 5k on May 31st & June 1st!**

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 2019 Registration and Cost Information

*It is our policy to offer our program to **all** girls who desire to participate regardless of family income*

The cost of the GOTR program is \$150.

Families who can afford the \$150 registration fee are asked to pay the full amount.

Families who are not able to pay the registration fee may request financial assistance!

*Assistance is awarded to **all** who request it. No proof of income is required. Information is kept confidential.*

Financial assistance is immediately granted during the registration process. Simple and easy!

No girls are turned away from the program due to an inability to pay

This fee covers the full cost of one girl's participation which includes: a new pair of New Balance 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.

Payment plans are available.

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 and click on the 'Register Now' tab!

Open House Dates

11/1/18	Fennville Elementary - 5 W. Memorial Dr, Fennville	2:30pm-4:30pm
11/3/18	Center for Women in Transition- 411 Butternut Dr, Holland	9:00am-12noon
11/5/18	Hamilton Elementary- 3472 Lincoln Rd, Hamilton	3:45pm-5:30pm
11/6/18	Ferry Elementary- 1050 Pennoyer Ave, Grand Haven	3:45pm-5:45pm
11/8/18	Coopersville South Elementary- 198 East St, Coopersville	3:40pm-6:00pm
11/13/18	Center for Women in Transition-411 Butternut Dr, Holland	4:00pm-6:00pm
11/15/18	Pine Creek Elementary- 1184 136th Ave, Holland Baldwin Street Middle-3835 Baldwin St, Hudsonville	3:45pm-5:15pm 6:00pm-8:00pm
11/17/18	Center for Women in Transition-411 Butternut Dr, Holland	9:00am-12:00pm
11/20/18	Evergreen Elementary (Allendale)- 10690 Learning Ln, Allendale	5:30pm-7:00pm
11/26/18	Lake Hills Elementary- 18181 Dogwood Dr, Spring Lake	4:00pm-5:30pm
11/27/18	Center for Women in Transition-411 Butternut Dr, Holland	4:00pm-6:00pm
11/29/18	Jamestown Elementary- 3291 Lincoln St, Hudsonville	3:45pm-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
healthy & confident

Girls on the Run of Ottawa and Allegan Counties

www.gotroac.org

616-494-1719

