



Girls on the Run is for **EVERY** girl.



Girls on the Run is a before school program like no other! Twice per week for 8 weeks, girls of all abilities will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3 - 5 grade girls through interactive lessons and running activities. The season ends with her and her adult Running Buddy (parent/guardian, etc.) completing a noncompetitive 5K event.

WHY IT MATTERS

It's Fun. It's Effective.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships and feel good about themselves, inside and out.

Location: Bellerive Elementary

Program Dates

Wednesdays & Fridays from 7:30 -9:00 am, starting week of 3/6 and ending with 5K Event on 5/13 in Forest Park

Program Fee: \$75

Scholarships, payment plans, and sibling discounts available. Payment not due at time of registration.

Registration

Open January 17 – February 26*



Online at gotrstl.org



Phone at (314) 862-6266

**If available, Late Registration opens March 1st*



Girls who were the least active at the start of the program increased their physical activity by more than **40%***



97% of participants said they learned critical skills to manage emotions, resolve intentional decisions*

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Questions?

Contact Ali Toczyłowski
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gotrstl.org

(314) 862-6266

2023 Spring Season FAQs

When and how can I register for the program? Registration opens on *Tuesday, January 17th at 9AM* and closes *Sunday, February 26th at 11:59PM*. Late registration will open at sites that still have capacity on *Wednesday, March 1st at 9AM*. Online registration can be found at www.gotrstl.org. You can register over the phone by calling our office at 314-862-6266.

Will there be a final 5K at the end of the season? Yes! The 2023 Spring GOTR 5K will be in-person at Forest Park on Saturday, May 13th, 2023. Teams will receive detailed information regarding the 5K throughout the season (including any Covid-19 adjustments if needed). Girls will need a registered Running Buddy.

Is there a fee? Girls on the Run St. Louis offers site-based fees on a sliding scale, ranging from \$25/girl to \$175/girl. Regardless of the fee at your site, all girls are eligible to access additional financial assistance (as low as \$5) and payment plans, and sibling discounts. GOTR-STL is committed to accessibility, and we will never turn a girl away because of financial reasons.

What is included in registration? Registration includes 16 lessons led by trained GOTR/H&S coaches, Girls on the Run t-shirt and water bottle, 5K registration, a snack at in-person practices, and an activity journal to use during lessons.

Does my girl need to attend both days? Yes, girls must attend both days to ensure she receives the full program experience, is physically ready for the 5K and to maintain stable group dynamics. Girls can miss up to four sessions per season.

What does my girl need for practice? Girls need a comfortable pair of athletic shoes and layers of play clothes for practices. Parts of practices may be indoors and outdoors on the same day. If you do not have access to comfortable, well-fitting shoes, you can request a shoe voucher in your registration. While a shoe voucher request is not guaranteed, we will do our best to accommodate requests.

What do I need to know about the 5K on May 13th? We recommend that all girls participate in the 5K with an adult Running Buddy. A Running Buddy can be a parent/guardian, other family member, friend, Coach, etc. The Running Buddy needs to register separately for the 5K, and the cost is \$25. We have scholarships and financial assistance available for Running Buddies, if needed. All girls and Coaches are PRE-REGISTERED for the 5K and should not register again.

Can I get a refund if I cancel my girl's registration? It is your responsibility as a parent or guardian (not the Coach) to contact the GOTR-STL office if your girl is dropping from the program. GOTR-STL will issue a full refund if a girl drops by the end of the 2nd week of practice. A 50% refund will be issued during the 3rd week of practice. No refunds will be issued after the 3rd week of practice.

Will I be refunded if in-person Girls on the Run has to switch to virtual? No, program fees will not be refunded for transitioning to virtual programming. We understand that nothing replaces meeting together as a team. However, most of Girls on the Run's costs are incurred before the first team meeting – everything from curriculum and activity materials to background checks and Coach Training. In addition, we have invested in developing a robust remote learning option.