



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



Fall season begins September 4th!

Girls on the Run is an after school program like no other! Twice per week for 10 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills.

Trained and caring coaches lead girls through interactive lessons and running activities.

The season ends with a celebratory, noncompetitive 5k event on November 10th.

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.



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 conflict, help others or make intentional decisions.*

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

Emden Grade School

3rd - 5th grade

Tuesdays & Thursdays

3:15 - 4:30pm

Program Fee: \$150

Scholarships & Payment Plans available.
See back for details.

Registration opens August 15 @ 9am!

Registration at this site is first come, first serve and is limited to 15 girls. We strongly encourage registering early.

Learn more and register at www.GOTRcentralillinois.org

Program Fee & Scholarship

We believe that building confidence and setting young girls down the path of a healthy lifestyle is priceless! However, there are real costs associated with delivering the Girls on the Run program to over 1,100 girls per year.

The program fee is **\$150 per girl**. This amount is subsidized by sponsors of Girls on the Run of Central Illinois, meaning the cost of providing programming and operating our nonprofit is greater than the program fee (approximately \$195 per girl).

Two- or three-month payment plans are available! Sign up during online registration.



Our council serves a large territory with a diverse population and we want to ensure all girls who desire to participate in our program can, regardless of their financial status.

We are proud to honor our commitment that no girl is ever turned away for the inability to pay the registration fee; therefore we offer financial assistance (scholarships) on a sliding scale. Girls can receive a scholarship to reduce the registration fee to **as little as \$25**.

**The Fall 2018 scholarship application
will be open August 13 - 31.**

How to Apply for Financial Assistance

STEP 1: Complete Scholarship Application

You must complete the Scholarship Application through www.GOTRcentralillinois.org BEFORE completing the Registration Form. GOTR staff will get back to you via email within 24 business hours on the status of your application.

STEP 2: Complete Registration Form

Once you receive approval via email, you can then enter the scholarship code to complete the online registration form to ensure your girl is fully registered for her team/community site of choice.

Please note: Submitting a scholarship application DOES NOT ensure a spot on the team. Scholarships will be available throughout registration as long as funds are available.



**Questions? Contact us at 217.726.9808 or
email lara@GOTRcentralillinois.org**