



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



Girls on the Run is an **afterschool program like no other!**

Twice per week for 8 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring Coaches lead 3rd - 5th grade girls through interactive lessons and movement 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.



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 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Questions?

Contact Sam Marquard at slwmarquard@gmail.com

Location: St. Margaret of Scotland

Program Dates

Tuesday AND Friday from 3:30 - 5:00 PM, starting week of 3/3 and ending with 5K Event on 5/10.

Program Fee: \$175

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

Registration

General Registration open Jan 13th - Feb 23. If space is available, Late Registration will be open 2/26 - 3/7, or until team is full. Register via:



gotrstl.org



(314) 862-6266

GOTR FAQs

When and how can I register for the program? Online registration can be found at www.gotrstl.org. You can register over the phone by calling our office at 314-862-6266 in any language. See front page for General and Late Registration dates.

Will there be a final 5K at the end of the season? Yes! The end of season 5K will be in-person on a Saturday morning (see website www.gotrstl.org/5k for date). Teams will receive more information regarding the 5K throughout the season. 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 \$200/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? 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-\$35. We offer financial assistance for Running Buddies, available by calling our office at 314-862-6266. Please note: All girls and Coaches are PRE-REGISTERED for the 5K and should not register again.

Do you have safety protocols in place? Yes! All Coaches complete a background check before attending practice, and all Head Coaches will have completed in-person training with Girls on the Run St. Louis. Our group setting allows for all participants to interact with the program skills in a way that is most comfortable for them. Allergy conscious snacks are provided as needed. Additionally, COVID-19 procedures and emergency plans are available to Coaches.

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 withdrawing 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? While it is highly unlikely to happen, 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.