

GOTR FALL 2019

Girls on the Run of Northwest Ohio

This is not a Maumee City School District Sponsored activity



GOTR IS MORE THAN A RUNNING PROGRAM. IT IS A PHILOSOPHY – A WAY OF BEING.

GOTR is a life-changing character development program for girls in third, fourth, and fifth grades that uses the power of running to teach every girl about her limitless potential and the importance of being healthy and active.

The after-school program combines training to participate in a 5k running event with self-esteem enhancing lessons and workouts and a community service project. Teams of 8 to 15 girls meet twice per week for ninety minutes. The goal of the program is to encourage positive emotional, social, mental, spiritual, and physical development

PROGRAM DETAILS:

- * 20 ninety minute lessons conducted by a trained, certified, and background checked volunteer coach
- * Two practices/week
- * Healthy snacks at each practice
- * Curriculum and lesson handouts
- * Fun running incentives
- * Girls on the Run water bottle
- * Girls on the Run t-shirts
- * End of season celebration
- * Registration for our GOTR 5k Event
- * 5k finisher medal
- * Full program cost is \$150



FINANCIAL ASSISTANCE AVAILABLE

No girl will be turned away based on inability to pay the full registration fee. Financial assistance is available to those families in need. Financial assistance will be awarded based on the family's annual income level and need. All information submitted on the registration application will only be viewed by Girls on the Run of Northwest Ohio administration and will remain confidential.

REGISTRATION DATES:

Lottery Registration:
Monday, August 19th 6:00am-
Thursday, August 22nd 10:30am

Lottery will run:
Thursday, August 22nd 12:00pm

Registration reopens after lottery for sites with spots still available.

Practice starts the week of Sept. 9, 2019

HOW DOES THE LOTTERY WORK?

If participant registration exceeds the maximum team size during the lottery registration period, the system will randomly select girls for that team. Families will be notified either way on August 22nd. If spaces remain after the lottery, registration will re-open and additional girls can be added until capacity is reached.

To REGISTER and see your site's practice schedule, please visit our website.



www.GirlsOnTheRunNWOhio.org

SNACKS • SHIRTS • MEDAL
WATER BOTTLE • AND MORE

SAVE THE
DATE:

GOTR 5K
11.23.19
UNIVERSITY OF
TOLEDO