

# GOTR SPRING 2019

*Girls on the Run of Northwest Ohio*



## 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, February 4th 6:00am-  
Thursday, February 7th 10:30am

Lottery will run:  
Thursday, February 7th 12:00pm

Registration reopens after lottery  
for sites with spots still available.

Practice starts the week of March 4, 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 February 7. 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](http://www.GirlsOnTheRunNWOhio.org)

**SNACKS • SHIRTS • MEDAL  
WATER BOTTLE • AND MORE**

**SAVE THE DATE:  
GOTR 5K  
5.18.19  
UNIVERSITY OF  
TOLEDO**