



Join Girls on the Run!

Girls on the Run is a curriculum based learning program for girls in grades 3-5. Practices combine an innovative and fun curriculum designed exclusively for pre-teen girls addressing specific life skills through the use of games, warm-ups and workouts. Most programs begin during the week of March 5th and culminate in a non-competitive 5k at Washington Park on May 19th. The goal of the program is to encourage positive emotional, social, mental, and physical development. Be sure to check out our website www.gotrcentralillinois.org for more information.

Start Date: _____

Location: _____

On: _____ **and** _____

From: _____ **to** _____

How to Register

Online registration for the Spring 2012 Girls on the Run program will begin on February 8, 2012 via our web site www.gotrcentralillinois.org. Registration will be open until February 24, 2012 to give everyone time to register.

- ★ Note: If you have previously participated in GOTR for two seasons we ask that you please allow other girls a chance to have the same experience and not register at this time. Thank you for your understanding!

Program Fee

- ★ Standard fee: \$100, which includes:
 - ★ 20 lessons delivered by trained coaches
 - ★ Entry to end of season 5k at Washington Park
 - ★ Program t-shirt
- ★ Financial assistance is available for those qualified registrants who can demonstrate eligibility based on financial need. To qualify, you must fill out the scholarship portion of the online registration.

