

JOIN GIRLS ON THE RUN!



Hello, **SUPERSTAR!**

With our updated curriculum, Girls on the Run is back and better than ever. The future of Girls on the Run has arrived, and we want YOUR superstar to experience our more-relevant-than-ever program. Her confidence and physical, mental, and emotional health deserve it!

Girls on
the **run**®

GIRLS LEARN HOW TO...



Develop a sense of belonging with a team



Speak positive self-talk and increase self-worth



Recognize and manage complex emotions

SCAN ME!



For more information and to register, visit

gotcentraliowa.org/programs

Contact

Girls on the Run of Central Iowa

✉ christa.vanderleest@girlsontherun.org

☎ 515.410.9845

KAREN ACRES

Tues/Thurs 4:00-5:15 PM

Program Starts: March 25

See back for program fees

This is not a school publication, nor is it in any way endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities.



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

Spring 2024 Program Fees and Financial Assistance

Girls on the Run of Central Iowa is committed to ensuring that all girls are able to participate regardless of financial limitations. We offer reduced fees based upon household income.

Please use the chart below to determine your registration fee.

If you are in need of financial assistance greater than our reduced registration fees, or if you are in need of financial assistance but do not qualify based on the below chart, please call our office at 515-410-9845 for more information.

Income Range	Fee
\$0-\$24,999	\$25
\$25,000-\$48,999	\$75
\$49,000-\$74,999	\$115
\$75,000 and above	\$150



What Registration Includes:

Program registration includes twice a week lessons conducted by at least two certified GOTR Coaches, an official GOTR t-shirt, participation in the season-ending 5K for your GOTR participant, a water bottle & a 5K finisher's medallion.

Register at: gotrcentraliowa.org

Financial assistance based on income range, shown in the above chart, is available during the online registration process.



A program of:

