



JOIN GIRLS ON THE RUN!

Hello, **BOLD HEART!**

Girls on the Run offers lessons led by trained volunteer coaches, who create a welcoming environment using our evidence-based curriculum. Our program is designed to enhance participants' social, emotional, and physical skills to successfully navigate life experiences. The lessons in 'Hello, Bold Heart!' teach girls how to share what's in their hearts and find joy in movement. The season ends with a celebratory 5K event on November 8 in Springfield.

  **Girls**_{on}
the run[®]

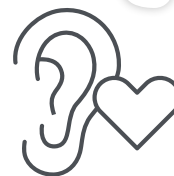
GIRLS LEARN HOW TO...



Build confidence to
boldly share their
thoughts, ideas, and
feelings



Discover their Heart
Power to speak up –
even when they feel
nervous



Listen deeply, show
empathy, and invite
others to speak up, too

 **SIGN UP!**



For more information
and to register, visit

www.GOTRcentralillinois.org

For questions, email

director@GOTRcentralillinois.org

or call **217-726-9808**.

CHATHAM COMMUNITY CENTER

3rd-6th Grades

Mondays & Wednesdays

5:00-6:15 PM

Registration: **Aug 11 at 9 AM - Sept 1 at 11:59 PM**

Registration at this site is first-come, first-served and is limited to 15 girls. We strongly encourage registering early.

Program Starts: **Week of Sept 1**

Program Fee: **\$25 - \$175**

Sliding scale financial assistance and payment plans available.
See back for details.

Program Fee & Financial Assistance

We believe that building confidence and setting young girls down the path of a healthy lifestyle are priceless! However, there are real costs associated with delivering the Girls on the Run program to almost 700 girls per year.

The program fee is **\$175 per girl**. This amount is subsidized by sponsors of Girls on the Run of Central Illinois, meaning the cost of providing programming and operating our nonprofit is greater than the program fee (approximately \$205 per girl).

What's included in the fee?

- Twenty practice sessions facilitated by certified GOTR volunteer coaches
- Curriculum and Lesson Materials
- Official GOTR Program T-shirt
- Program Keepsake
- 5K Registration Fee
- 5K Finisher's Medal
- Post 5K Celebration

How to Apply for Financial Assistance

We are proud to honor our commitment that no girl is ever turned away for the inability to pay the registration fee; therefore, we offer financial assistance (scholarships) using a sliding scale based on household income.



Household Income Guidelines	Sliding Scale Fee
Under \$25,000	\$25
\$25,001 - \$35,000	\$40
\$35,001 - \$45,000	\$60
\$45,001 - \$60,000	\$85
\$60,001 - \$80,000	\$110
\$80,001 - \$100,000	\$140
Over \$100,000 (or decline to state)	\$175

The financial assistance process is included within the online program registration. To use financial assistance, simply answer the questions during registration, and the computer will determine your eligibility based on household income and adjust the fee accordingly. **If you need assistance beyond where your family falls in the above chart, please email director@GOTRcentralillinois.org with information on your specific circumstances and what amount you can afford.** Our minimum fee for any participant is \$25.

Payment Plans Available

Program fees can be paid in multiple installments. **Two- or three-month payment plan options are available to every family regardless of whether financial assistance is needed.** You can choose your preferred payment plan during the online program registration.



If you need to contact the Girls on the Run office, please email director@GOTRcentralillinois.org or call 217.726.9808.