

JOIN GIRLS ON THE RUN!



# Hello, **MOUNTAIN MOVER!**

This season, your girl will build the confidence to do hard things. How? By developing powerful tools to help her believe in herself, then applying these tools to take on challenges alongside her team.

Our program is designed to enhance participants' social, emotional and physical skills to successfully navigate life experiences. Trained and caring coaches will lead girls through interactive lessons and movement activities. The season ends with a celebratory 5K event on November 9 in Springfield!

**GIRLS** on  
the **run**®

## GIRLS LEARN HOW TO...



Discover their I Can! Power — the power to do hard things



Manage and move through difficult emotions



Use stick-with-it strategies to help them overcome obstacles



Proudly breathe, believe, and achieve their goals

**SIGN UP!**



For more information and to register, visit

[www.GOTRcentralillinois.org](http://www.GOTRcentralillinois.org)

For questions, contact Darian Brown  
[darian@GOTRcentralillinois.org](mailto:darian@GOTRcentralillinois.org)

## CHATHAM COMMUNITY CENTER

3rd - 6th Grades

Mondays & Wednesdays

5:00 - 6:15 PM

Open to any girl regardless of where she attends school!

Registration: **Aug 12 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 2**

Program Fee: **\$25 - \$150**

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 over 1,000 girls per year.

The program fee is **\$150 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 is included in the fee?

- Twenty practice sessions facilitated by certified GOTR volunteer coaches
- Curriculum and lesson materials
- Official GOTR Program T-shirt
- 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	\$35
\$35,001 - \$50,000	\$50
\$50,001 - \$75,000	\$75
\$75,001 - \$100,000	\$100
Over \$100,000 (or decline to state)	\$150

The financial assistance process is now 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 [darian@GOTRcentralillinois.org](mailto:darian@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.



Questions? Contact us at 217.726.9808 or [emaildarian@GOTRcentralillinois.org](mailto:emaildarian@GOTRcentralillinois.org)