

JOIN GIRLS ON THE RUN!

CONFIDENCE

that lasts a lifetime!

Girls on the Run is a girl-empowerment organization that inspires participants to be joyful, healthy, and confident using evidence-based lessons that combine relationship building, community strengthening, and goal setting with physical movement.

Twice per week for 10 weeks, trained and caring coaches will lead girls through interactive lessons and movement activities. The season ends with a non-competitive celebratory 5K event on May 17 in Springfield!

Girls on the run
central illinois

WHY GOTR MATTERS



Girls' self-confidence begins to drop by age 9



Girls' physical activity levels decline starting at age 10



50% of girls ages 10 to 13 experience bullying

SCAN ME!



For more information and to register, visit

www.GOTRcentralillinois.org

For questions, contact Darian Brown

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: Feb 10 at 9 AM - Mar 2 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 March 3

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 700 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 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? Call 217.726.9808 or email darian@GOTRcentralillinois.org