



Learn. Live. Dream. *Run*

Girls on the Run is so much fun!

GOTR is a self-esteem fitness program for 3rd-8th grade girls.

- ▶ Discover the benefits of consistent physical exercise and good nutrition
 - ▶ Learn the advantage of positive peer support
 - ▶ Learn to stand up for herself in a healthy manner
- ▶ Improve her body image and strengthen her sense of identity
 - ▶ Prepare to participate in a 5K run/walk event

Each 10-week session includes:

- ▶ An innovative, nationally-successful curriculum
- ▶ Warm-ups, running/walking workouts and games
 - ▶ Relevant topics designed especially for girls
 - ▶ Two sessions each week
 - ▶ Healthy treats and snacks

Sessions begin the week of February 20, 2017 and will end with the 5k event on Saturday, May 13. Registration opens on January 28, 2017 at 8:00am and will close on February 17, 2017 at 5:00pm. Register online at www.girlsontherun.org. If you are unable to register online please contact Kari Scheer at (316)749-8090. Each site is limited to 18 girls. Registration will close once we have received registration forms and payment from 18 girls. Register early, sites will fill up fast!

Registration Fee: Girls on the Run of Sedgwick County requests that each program participant's family pays a registration fee. The actual cost of the Girls on the Run program is \$120 per participant. This fee covers water bottle, program T-shirt, supplies, healthy snacks, 5k medal and 5k gift, coach trainings/background checks, insurance and staff support. We offer a sliding scale so that families of all sizes and income levels can choose an appropriate registration fee. We do not ask for proof of income. We rely on the honesty and integrity of parent/guardians to choose their appropriate registration fee and contribute as much towards the full cost of the program as they are able.

If your family qualifies for free or reduced lunches your registration fee is \$25.00.

2	\$0 - \$34,000	\$34,001 - \$50,999	\$51,000 - \$67,999	\$68,000 +
3	\$0 - \$38,000	\$38,001 - \$56,999	\$57,000 - \$75,999	\$76,000 +
4	\$0 - \$42,000	\$42,001 - \$62,999	\$63,000 - 83,999	\$84,000 +
5	\$0 - \$45,500	\$45,501 - \$68,499	\$68,500 - 90,999	\$91,000 +
6	\$0 - \$49,000	\$49,001 - \$73,499	\$73,500 - 97,999	\$98,000 +
7	\$0 - \$52,000	\$52,001 - \$77,999	\$78,000 - 103,999	\$104,000 +
8	\$0 - \$55,500	\$55,501 - \$82,999	\$83,000 - 109,999	\$111,000 +
FEE:	\$25	\$55	\$85	\$120

Community Sites

<i>Location</i>	<i>Grades</i>	<i>Day/Times</i>
Andover Central Park	3 rd -5 th	Mon/Wed: 5:45-7:00
Maize Recreation	6 th -8 th	Mon/Wed 5:30-7:00
Watson Park	3 rd -5 th	Tues/Thurs 5:30-7:00
Boys and Girls Club, Wichita	3 rd -5 th	Tue/Thurs 5:30-7:00
Colvin Park and Rec Center	3 rd -5 th	Mon/Wed: 5:00-6:15
Evergreen Park and Rec Center	3 rd -5 th	Tues/Thurs 5:15-6:30
First Church of the Nazarene	3 rd -5 th	Mon/Thurs 5:15-6:30
First Church of the Nazarene	6 th -8 th	Mon/Thurs 5:15-6:30