



HER PATH TO EMPOWERMENT STARTS AT Girls on the Run®



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.



ST. JOSEPH ELEMENTARY

Mon/Thurs 3:15-4:30 PM

Program Starts: Sept 11

Program Fee: \$150

Financial Assistance is available (see back)

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.

WHY IT MATTERS



Our programs boost girls' self-worth when they need it most.



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!



QUESTIONS?

Contact **Christa Vander Leest**

✉ christa.vanderleest@girlsontherun.org

For more information and to register, visit: www.gotrcentraliowa.org



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

Fall 2023 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:

