

Girls on the Run is so much fun!

Girls on the Run is a 10-week experience that inspires girls to be joyful, healthy and confident through creatively combining life lessons with running, in an interactive and incredibly fun way! Girls on the Run equips girls with confidence & tools that empower them for a lifetime of healthy living!



Season Begins Week Of:
February 26th, 2018

Site Location:
Lewis and Clark Elementary

Meeting Days:
Tuesday, Thursday

Times:
4:00 to 5:15 PM

Contact:
Melissa Landwehr
Mlandwehr@fz.k12.mo.us

Registration Fee:
\$85

Payment plans and scholarships are available!

Online registration is
available for
3rd – 5th grade girls
Jan. 22 – Feb. 21 @
Noon!



At the end of the season,
girls in the program will participate in the
Girls on the Run 5k event on
May 12, 2018!



For more information about our program,
please visit our website.

www.girlsontherunstlouis.org

Frequently Asked Questions

Q: When and how can I register for the program?

A: Online registration opens at 9:00 a.m. on January 22 and closes at 12:00 p.m. on February 21. It is NOT first come, first served. Late registration will open at select sites that still have capacity for girls; available at 5:00 p.m. on Feb. 21 on a first come, first served basis until teams are full or 5:00 p.m. on March 2. No girls can be registered after March 2 at 5:00 p.m. Online registration can be found at: www.girlsontherunstlouis.org.

Q: Does registration guarantee a spot on the team?

A: No. One team consists of 8 to 17 girls. The curriculum is designed for a group this size to facilitate team building and a healthy group dynamic. Some sites are able to have multiple teams if the site has the appropriate number of trained volunteer coaches. In the event that there are more girls interested in participating than available spots, our online registration system will randomly select girls to form the team(s) on Feb. 21. Once the lottery is completed, girls who have been lotteried off will be fully refunded. They will also be given the opportunity to have a spot/participate the next season that their site offers the program.

Q: What does the program fee include?

A: The program fee includes 20 lessons led by certified GOTR coaches, an official program t-shirt, a healthy snack at each practice, a water bottle, 5k race registration, and a 5k finisher's medal.

Q: What if I have difficulty paying the fee?

A: Payment plans and need-based scholarships are available through the online registration process. Details about the program and fees are available on our website or you can call the Girls on the Run St. Louis (GOTR-STL) office for more information. GOTR-STL's goal is to never turn a girl away for financial reasons. Any participant is eligible regardless of the program fee at the site.

Q: Can I get a refund if I cancel my girl's registration?

A: It is your responsibility as a parent or guardian (not the coach) to contact the Girls on the Run St. Louis office if your girl is dropping from the program. Girls on the Run St. Louis will issue a full refund if a girl drops the program by the end of the 2nd week of practice (deadline to request is March 9). A 50% refund will be given during the 3rd week of practice (deadline to request a partial refund is March 16). No refund will be issued for any cancellations after 5:00pm on March 16. If a site is cancelled due to insufficient registration or other circumstances deemed appropriate by the Program Director, the full registration fee will be refunded.

Q: Do I need to do a separate registration for my girl to do the GOTR St. Louis 5k Event on May 12, 2018?

A: No. When a girl is registered for the GOTR or Heart & Sole program, she is also registered for the 5k. GOTR-STL cannot refund any double-registrations.

Q: My girl can only attend one practice per week. Can I still register her for the program?

A: No. Full participation lends to a healthy group dynamic, an experiential learning process, and provides appropriate training for the end-of season 5k. Girls who are absent for more than 4 practices during one season are in violation of the Girls on the Run attendance policy. We reserve the right to cancel the girl's registration.

Q: Will I have to pay anything else throughout the course of the Girls on the Run/Heart & Sole program season?

A: GOTR-STL encourages each girl to have an adult walk/run with her at the end of the season GOTR 5k in downtown St. Louis. Whether it's a parent, relative, or family friend who accompanies your girl, the adult accompanying the girl must register and pay the entry fee for the 5k.

Register Online! Jan. 22 – Feb. 21 at 12:00 p.m.

www.girlsontherunstlouis.org
