



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

*We believe that every girl is inherently full of power and potential.
As the leaders of their lives, these are the girls that will change the world.*

About Girls on the Run

At Girls on the Run, we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained volunteer coaches use our research-based curricula to teach foundational lessons through dynamic discussions, activities, and running games. Over the course of the ten-week program, girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. Our program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.



Girls who were the least active at the start of the program increased their physical activity by more than **40%***



97% of participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions*

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

This 10 week program is for girls in 3rd, 4th and 5th grade.

Practice Times: Mondays and Wednesdays 3:30 PM – 5:00 PM

Practices will begin on 3/18/19 and conclude the first week of June.

Location: Bath Area Family YMCA

Program Fee: The full program fee is \$145. GOTR-Maine uses an Income Based Sliding Scale to determine the participant fee and financial assistance. The scale ranges from \$20-\$145.

Online Registration: Opens on February 1

Site Contact: Annie Colaluca - annie@bathymca.org

LEARN MORE AT GIRLSONTHERUNMAINE.ORG

Girls on the Run Program Fee and Lottery Registration Information

Our full registration fee is \$145, however, through our fundraising efforts, we offer financial assistance based on annual household income. The sliding scale ranges from \$20 to \$145. Assistance can be requested as part of your registration.

The sliding scale can be viewed on our website: <https://www.girlsontherunmaine.org/Financial-Assistance>.

Team size is limited. If participant registration exceeds the maximum team size during the lottery registration period, (February 1 – February 14), the registration system will randomly select girls for that team and families will be notified of their status on February 15. If spaces remain after the lottery, registration will re-open and additional girls can be added first come, first served until capacity is reached.