

Thank you for considering Girls on the Run! Here are some Frequently Asked Questions about the program:



What are the girls doing during the lessons?

During the lesson time, the girls discuss important topics while playing a combination of running and walking games that focus on specific character development topics designed for their age group. Over the course of the season, the girls build up their ability to complete a 5k distance.

Does my daughter need to be a runner to join?

Not necessarily! The lessons are done in a very fun way where each girl is encouraged to try her best. We have girls join from a variety of athletic abilities – some that love to run and others that have never been on a sports team before. The coaches encourage all girls to become more active. NOTE: There will be a running/walking portion to every lesson, and all girls will be expected to fully participate and try their best in an effort to become healthier.

How much does the program cost?

The program is offered on a sliding scale fee from \$10-\$160 per girl. As a non-profit, Girls on the Run will provide scholarships to any girl in need. They just ask that each family pay what they can so that they can stretch their donations as far as possible. The fee includes 24 lessons, new running shoes, healthy snacks, GOTR water bottle, entry into the GOTR 5k race, finisher's medal, team party, 2 GOTR t-shirts and more.

When do the girls receive their running shoes? What should she wear to practice?

Girls will be fitted for new running shoes within the first few weeks of the program, and these shoes are included in the program. This is a fun team thing for the girls and a great way to ensure they have safe running attire! The girls must complete the program and attend at least 75% of the lessons to keep the shoes. Because the girls will be running/walking during every lesson, each girl should dress in appropriate attire for movement. The lessons will take place outside whenever possible, so please have her dress in layers – especially in the later months of the program!

Why are Girls on the Run teams limited in size?

The curriculum is specifically designed to be delivered to a small group of girls. Each of the lessons explores different character development topics – everything from body image to peer pressure – and we need a small group of girls to ensure that the program is as effective as possible. It is EXTREMELY hard to ever turn girls away, but we need to remain true to our program's design and ensure that each girl's experience is the best one possible. We have been able to reach more girls with interest every season by adding more and more teams across our community.

How is registration handled? Why is it a lottery and not "first-come first-served"?

As a way to be equally fair to all girls, registration will be open for a designated period. After that point, if more registrations are received than spots available, a random lottery will take place. All families will be notified post-lottery. We have found this to be the fairest way to give all interested girls an equal opportunity and all families will be notified either way within one week after the registration deadline.

**Individual sites may have varying registration details.*