

Girls on the Run 2020

Season Begins February 24, 2020



GOTR Girls on the Run (GOTR) is a program developed for girls in grades 3-5 in which running is used to inspire and motivate girls, encourage lifelong health and fitness, and build confidence through accomplishment. At the end of the season, the girls and their running buddies complete a 5k running event which gives them a tangible sense of achievement as well as a framework for setting and achieving life goals.

Our coaches this year are: Monica Baier (Social Worker), Kelly Hawkins-Smith (Art Teacher), Susan Kiwan (Dual Language Kindergarten), and Joanne Smith (Reading Specialist).

We would love to have your child join us for the 2020 running season. The season begins on February 24th and ends May 11th. Here are a few details about the program:

PRACTICE: Practice will be held at Jane Addams School on Monday and Thursday from 3:30 to 4:45. Girls need to be picked up promptly at 4:45 or need written permission to walk home.

We will meet 2/24, 2/27, 3/2, 3/5, 3/9, 3/12, 3/16, 3/19, 3/23, 3/26, 3/30, 4/2, 4/6, 4/20, 4/23, 4/27, 4/30 (No practice on April 9, 13, 16) and 5/4, 5/7, 5/11. Girls are expected to attend every session if they are in school.

On practice days, runners need to bring running clothes and shoes and will change before each session. We will run outside whenever possible, so it is important to dress appropriately for the weather.

HOW TO REGISTER: We have approximately 30 slots available for girls at Jane Addams in grades 3-5. We will fill slots on a first come, first serve basis. Program registration begins online on December 1, 2019 at <http://www.gotrchicago.org> or by phone at the bilingual call center at 312-224-8385 open Mon-Fri, 9 am-5 pm. You must register online or by calling the Girls on the Run call center directly. GOTR prefers payment by credit card or e-check. If these options are not available to you

we can take **exact** cash payment at the school (no change available).

FINANCIAL OBLIGATIONS

1. Registration is **\$35** which must be paid upon registration. The girls will receive a water bottle, t-shirt, paid race registration and bus transportation to the race. There are no refunds.
2. Each girl is to have someone to run with (running buddy) for the 5K. There is a **\$35** registration fee (paid before the 5K) for each running buddy. If you are unable to register and/or run with your child, we will find a running buddy for them. There are no refunds.
3. Bus transportation to the 5K is provided for each girl. If parents or other family members choose to ride the bus to the 5K location there will be a fee of approximately **\$8 per person**. Bus transportation is optional, as many families choose to drive themselves. No refunds.

COMMITMENT We look forward to coaching your child in this season of GOTR. We are very serious about the commitment to this program. If your daughter chooses to participate in GOTR it is expected that she attends all practices and participate in the 5K.

5K RUN The 5K run will take place in the Chicagoland area on a Saturday morning in late May or early June (the date is still to be determined). Girls on the Run will provide bus transportation for the girls and paying family members. The bus will leave from and return to Jane Addams or a nearby location that morning.

QUESTIONS? Please contact us at 708-450-2023 with any further questions or concerns, or email Joanne Smith at joanne.smith@maywood89.org; for Spanish contact Susana Kiwan at susana.kiwan@maywood89.org.