



SPRING 2019

After school character development program for girls in grades 3-5 (GOTR), grades 6-8 (Heart & Sole.) Season begins March 4th and ends with a celebratory 5K on May 18th at Franklin & Marshall College.

PROGRAM OVERVIEW

A non-profit program that inspires girls to be joyful, healthy and confident using an experience based curriculum, which creatively integrates running.

Practices are 2x/week for 10 weeks and combine training for a 5K with lessons that inspire girls to make healthy choices and develop life skills. Practices are run by GOTR trained, volunteer coaches.

FINANCIAL ASSISTANCE

Through the generosity of our sponsors we are able to offer our program on a sliding fee scale. Our fees adjust based on household income. No girl will be turned away because of inability to pay.

FEE SCALE

Greater than \$55,000	\$150.00
\$54,999-\$45,000	\$100.00
\$44,999-\$35,000	\$75.00
\$34,999-\$25,000	\$50.00
\$24,999-\$20,000	\$25.00
\$19,999 - \$0	\$10.00

REGISTRATION INFORMATION

- Online registration is open from Jan. 30th - March 10th.
- Jan. 30th - Feb. 7th is the lottery registration period. Register Early.
- Team size is limited. Available spots are filled first by the computer generated lottery, which will be run on Feb. 8th. Registration opens back up after noon on Feb. 8th.
- You will receive confirmation via email of your enrollment status after the lottery runs on Feb. 8th.
- Registration for unfilled teams will reopen on first come, first served basis after noon on Feb. 8th.

DAY: Mondays & Wednesdays

TIME: 2:45pm - 4:15pm

CONTACT:

Ms. Bingaman
alyssa_bingaman@conestogavalley.org

Register at:

www.gotrlancaster.org

