



## 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: Monday and Wednesday**

**TIME: 3pm to 4:30pm**

**CONTACT: Coach Gayle  
gakipp45@gmail.com**

Register at:  
[www.gotrlancaster.org](http://www.gotrlancaster.org)

