



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



Girls on the Run Heart and Sole Program is like no other! Twice per week for 8 weeks, girls of all abilities will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 6th-7th grade girls through interactive lessons and running activities. The season ends with a noncompetitive 5K event.

More about Heart and Sole!

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.



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.

SUMMIT MIDDLE SCHOOL

T/TH 3:00-4:15 PM

Begins: Week of March 28

End of Season 5K: May 21

Registration Now Open!

REGISTER AND CONTACT US AT:

website: gotcentraliowa.org

email: christa.vanderleest@girlsontherun.org

phone: 515-410-9845

This is not a school publication, nor is it in any way endorsed or sponsored by any school district. This publication is being provided only to inform you of other available community activities and opportunities.



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Spring 2022 Program Fees and Financial Assistance

Girls on the Run of Central Iowa is committed to ensuring that all girls are able to participate regardless of financial limitations. We offer reduced fees based upon household income. Please use the chart below to determine your registration fee.

If you are in need of financial assistance greater than our reduced registration fees, or if you are in need of financial assistance but do not qualify based on the below chart, please call our office at 515-410-9845 for more information.

Income Range	Fee
\$0-\$24,999	\$25
\$25,000-\$48,999	\$75
\$49,000-\$74,999	\$115
\$75,000 and above	\$140

What Registration Includes:

Program registration includes 16 lessons conducted by at least two certified Heart and Sole Coaches (25 hours of instruction), an official GOTR t-shirt, participation in the season-ending 5k for your GOTR participant, a water bottle & a 5k finisher's medallion.

Register at: gotrcentraliowa.org

Financial assistance based on income range, shown in the above chart, is available during the online registration process.



A program of:

