



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

Where: Maize Recreation Center  
When: Tuesday AND Thursday's  
Time: 5:30pm-7:00pm  
Site Contact: Dawn Fountain,  
dawnchiefs@gmail.com

Season starts September 3, 2019

GOTR is a character development program for girls in 3rd-5th grade. The program combines life skill lessons with training for a 5k run, in a creative, interactive and incredibly FUN way!

The program consists of 20 lessons (twice a week for 10 weeks) and will conclude with a Community 5k November 10 at 2:00pm at Watson Park.



## HEY girls

It doesn't matter if you are fast or slow, just as long as you're having fun!

We play fun games and talk about things that are important to girls. Best of all, you'll make lots of friend who like you just the way you are!

## Program Fee: \$150

Scholarships are available on a sliding scale based on financial need. **See back for details.**

## Only 20 Girls Per Team!

Lottery Registration Opens August 12-August 18 at [WWW.GIRLSONTHERUNKS.ORG](http://WWW.GIRLSONTHERUNKS.ORG). After the 18<sup>th</sup> registration will be first come, first serve(if there are spots left!). **Register early, many teams will fill up fast.**

## questions?

Call: (316) 260-9777

Email: [christy.thomas@girlsontherun.org](mailto:christy.thomas@girlsontherun.org)



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## Financial Assistance Application Process

Girls on the Run Heart of Kansas offers our program to all girls who desire to participate in our program, regardless of their financial status. We will never turn any girl away who wishes to participate. If you have questions, please contact the GOTR office at 316-260-9777.

**The GOTR program fee is \$150**

### How to Apply for financial assistance when registering:

**Option 1:** Payment will be divided into 2 installments. First payment due on August 19 (or at the time of registration if after 8/19) and the second payment will be due on September 20<sup>th</sup>.

**Option 2:** This option provides a reduced registration fee based on income range using the following sliding scale. Remember to click **yes** when asked if you need financial assistance.

Family Size	\$25 (\$125 Scholarship)	\$35 (\$115 Scholarship)	\$70 (\$80 Scholarship)	\$110 (\$40 Scholarship)	\$150
<b>2</b>	<i>Less than \$24,999</i>	<i>\$25,000-29,999</i>	<i>\$30,000-\$34,999</i>	<i>\$35,000-39,999</i>	<i>\$40,000+</i>
<b>3</b>	<i>Less than \$29,999</i>	<i>\$30,000-\$34,999</i>	<i>\$35,000-\$39,999</i>	<i>\$40,000-\$44,999</i>	<i>\$45,000+</i>
<b>4</b>	<i>Less than \$34,999</i>	<i>\$35,000-\$39,999</i>	<i>\$40,000-\$44,999</i>	<i>\$45,000-\$49,999</i>	<i>\$50,000+</i>
<b>5+</b>	<i>Less than \$39,999</i>	<i>\$40,000-44,999</i>	<i>\$45,000-\$49,999</i>	<i>\$50,000-\$54,999</i>	<i>\$55,000+</i>

**Option 3:** This option provides a reduced registration fee based on families eligible for free/reduced lunches. If you qualify for free lunches your fee is \$25 and reduced lunches is \$35. Remember to click **yes** when asked if you need financial assistance.