



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



Heart & Sole, a **Girls on the Run** program, is for any girl in grades 6-8 brave enough to be herself. Join us for an 8-week program that will empower you to tap into your strengths and learn new life skills. Every week, we'll run, laugh and learn about what makes each other tick. The program ends with a celebration of how far you've come ... and a 5K that will remind you that you can crush any goal you set your mind to.

## WHY IT MATTERS

*It's Fun. It's Effective.*

Participating in Heart & Sole 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 intentional decisions\*

\*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

### Questions?

Contact Sam Marquard  
at [slwmarquard@gmail.com](mailto:slwmarquard@gmail.com)

**Location:** St. Margaret of Scotland

### Program Dates

Tuesdays & Wednesday from 3:15 - 5:00 pm, starting week of 9/11 and ending with 5K Event on 11/18 in Forest Park

### Program Fee: \$175

*Scholarships, payment plans, and sibling discounts available. Payment not due at time of registration.*

### Registration

Open August 7 - September 4\*



Online at [gotrstl.org](http://gotrstl.org)



Phone at (314) 862-6266

\*If spots available, Late Registration open Sept 7th – 15<sup>th</sup> or until team is full



[gotrstl.org](http://gotrstl.org)

**(314) 862-6266**

# GOTR FAQs

**When and how can I register for the program?** Online registration can be found at [www.gotrstl.org](http://www.gotrstl.org). You can register over the phone by calling our office at 314-862-6266 in any language. See front page for General and Late Registration dates.

**Will there be a final 5K at the end of the season?** Yes! The end of season 5K will be in-person at Forest Park on a Saturday morning (see website [www.gotrstl.org/5k](http://www.gotrstl.org/5k) for date). Teams will receive more information regarding the 5K throughout the season. While we are planning on (and excited for!) an in-person 5K, we will closely follow CDC and local public health guidelines and make adjustments, as necessary. Girls will need a registered Running Buddy.

**Is there a fee?** Girls on the Run St. Louis offers site-based fees on a sliding scale, ranging from \$25/girl to \$200/girl. Regardless of the fee at your site, all girls are eligible to access additional financial assistance (as low as \$5) and payment plans, and sibling discounts. GOTR-STL is committed to accessibility, and we will never turn a girl away because of financial reasons.

**What is included in registration?** Registration includes 16 lessons led by trained GOTR/H&S coaches, Girls on the Run T-shirt and water bottle, 5K registration, a snack at in-person practices, and an activity journal to use during lessons.

**Does my girl need to attend both days?** Yes, girls must attend both days to ensure she receives the full program experience, is physically ready for the 5K and to maintain stable group dynamics. Girls can miss up to four sessions per season.

**What does my girl need for practice?** Girls need a comfortable pair of athletic shoes and layers of play clothes for practices. Parts of practices may be indoors and outdoors on the same day. If you do not have access to comfortable, well-fitting shoes, you can request a shoe voucher in your registration. While a shoe voucher request is not guaranteed, we will do our best to accommodate requests.

**What do I need to know about the 5K?** *We recommend that all girls participate in the 5K with an adult Running Buddy.* A Running Buddy can be a parent/guardian, other family member, friend, Coach, etc. The Running Buddy needs to register separately for the 5K, and the cost is \$25-\$35. We offer financial assistance for Running Buddies, available by calling our office at 314-862-6266. Please note: All girls and Coaches are PRE-REGISTERED for the 5K and should not register again.

**What will happen if school shifts to remote learning?** We are prepared for this to happen. We have been working diligently to create a program that can work in-person and virtually, and can seamlessly transition between the two. Coaches are prepared to shift to virtual Girls on the Run at any point during the season, and your daughter will still be able to interact with her friends and remain engaged with the GOTR lessons for the remainder of the season. Virtual lessons can be accessed on computer, smartphone or tablet (wi-fi connection encouraged), or audio call-in.

**Are in-person practices safe?** Yes, careful precautions and protocols are in place to mitigate the risk of Covid-19 at each practice. You can read more about it [here](#). Since the pandemic began, over 2,500 girls have participated, and there has been zero Covid-19 transmission at GOTR practices, thanks to diligent Coaches and effective policies.

**Can I get a refund if I cancel my girl's registration?** It is your responsibility as a parent or guardian (not the Coach) to contact the GOTR-STL office if your girl is dropping from the program. GOTR-STL will issue a full refund if a girl drops by the end of the 2nd week of practice. A 50% refund will be issued during the 3rd week of practice. No refunds will be issued after the 3rd week of practice.

**Will I be refunded if in-person Girls on the Run has to switch to virtual?** No, program fees will not be refunded for transitioning to virtual programming. We understand that nothing replaces meeting together as a team. However, most of Girls on the Run's costs are incurred before the first team meeting – everything from curriculum and activity materials to background checks and Coach Training. In addition, we have invested in developing a robust remote learning option.